



IDEAS FOR PARENTS
WITH TEENAGERS



For more information and resources, go to
www.familyservices.govt.nz/parentingteens

For helpline support, phone Youthline on
0800 376 633 or free txt **234**

For email support, go to
parenttalk@youthline.co.nz

SCHOOL AND EDUCATION FOR TEENAGERS



MINISTRY OF SOCIAL DEVELOPMENT
Te Manatū Whakahiato Ora



IDEAS FOR PARENTS WITH TEENAGERS

SCHOOL AND FOR TEENAGERS

Schooling is a very important part of growing up, make sure you don't put your teenagers under too much stress.

SCHOOL

When your child goes to secondary school it's easy to lose touch with what's going on. It's important that you stay involved.

SET EXPECTATIONS

Expect your child to do well. Talk about the choices they'll have when they leave school.

DON'T OVERLOAD ON ACTIVITIES

Having too many activities after school can make homework hard.

ENCOURAGE THEIR STRENGTHS

Notice the subjects your child enjoys and does well in. Encourage them, rather than making them do something you were good at, or that you think they should do to get a good job.

Some kids just give up on school because of pressure from their parents.

SPORTS SHOULD BE FUN

Treat sport as a game and don't be upset or angry if they aren't in the top team.

REWARD HARD WORK

Praise them for working hard, not just for being top of the class. Most young people will never be top, but they'll still do well.

Make sure your ambitions are for them, not for you.

BE ACTIVELY INVOLVED

Talk to their teachers. If you're concerned, contact the form teacher or dean. Find out what's going on. If it's hard to go to the school on your own, take a friend to support you.

TIME FOR HOMEWORK

Give them space and time to do their homework. If they ask you questions try to help, or try to find someone else who can. If they're getting very stressed about the amount of work, talk to the school.

UNHAPPY AT SCHOOL?

If they're unhappy at school, find out why. It might not be school, it might be a problem with a friend or a clash with a teacher.

BUILD SYSTEMS

If they get vague and disorganised, teach them systems and how to organise their time. Give them a diary, help them write lists.

