

Resources

New York State Office of Mental Health

1-866-270-9857 (information and referral)
<http://www.omh.state.ny.us>

The Children's Plan

<http://www.omh.state.ny.us/omhweb/engage>

Local County Mental Health Department Contact Information

<http://www.clmhd.org/about/countydirectory.aspx>

Families Together of NYS

518-432-0333
<http://www.ftnys.org>



*Helping
New York's children
grow up healthy*

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Snapshots

of Your Child's Social and Emotional Well-being



**Grades 9 to 12
(early to late adolescence)**



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Social and emotional learning is the way a child develops the ability to experience, regulate and express emotions, form close, secure relationships; explore the environment; and learn.

What to expect

Children develop at their own unique pace, so it's impossible to tell exactly when yours will learn a given skill. The characteristics below will give you a general idea of the changes you can expect as your child gets older.

Ninth Graders

- ❑ Are insecure, moody and painfully self-absorbed. Friends and social activities rule—cliques and peer groups take the place of family and sometimes parents find themselves scorned and rejected
- ❑ Forget about individuality and give way to the “Everybody’s doing it” mentality
- ❑ Are full of drama over the smallest events—the rumor mill is in high gear

Tenth Graders

- ❑ Are learning how to juggle freedom with responsibility

- ❑ Are likely to bounce from one extreme to another, changing enthusiasms, attitudes, hair, clothes
- ❑ Tend to over analyze and spend big chunks of time obsessing about small things
- ❑ Need to be connected to their friends. The telephone and computer become lifelines for survival.
- ❑ Crave privacy

Eleventh Graders

- ❑ May behave like a yo-yo and display a mixture of anxiety and cockiness
- ❑ Are becoming more sophisticated but there may be an odd disconnect between intellect and action
- ❑ Are increasingly fascinated with logic and are itching to challenge yours
- ❑ Use parents as sounding boards to develop their own positions

Twelfth Graders

- ❑ Are apt to be procrastinators and may like to party
- ❑ Are often hypersensitive to reprimands or criticism and mask their fear of failure with an outward bravado
- ❑ Enjoy freedom, mobility and energy and are proud of their increasing independence and competence
- ❑ May seem over sentimental about their relationships with peers

Ideas for Parents

There are many things you can do to promote your child’s social and emotional success:

- ❑ Support your child’s efforts and praise accomplishments.
- ❑ Listen and openly talk with your child.
- ❑ Recognize that your child’s feelings are real and be careful not to minimize or dismiss them.
- ❑ Understand your child’s need to be like his peers.
- ❑ Tolerate (within reason) your child’s developing likes and dislikes in clothes, hairstyles, music.
- ❑ Encourage your child’s goals and plans for the future.
- ❑ Spend time together as a family.
- ❑ Educate your child about risks associated with alcohol and drug use.
- ❑ Talk with your child about the physical changes in puberty that affect height, weight, and body shape.
- ❑ Avoid critical statements or nagging about eating, weight or appearance.
- ❑ Show an interest in your teen’s school life.

Teen Tip

As children move towards adulthood, they may continue to feel a need to conform but gradually begin to work toward their own goals. They want to be respected as young adults and sometimes will resist a controlling adult. Most importantly, they need an environment that stresses honesty, fairness and responsibility.