

# 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>

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*Helping  
New York's children  
grow up healthy*

Snapshots

# of Your Child's Social and Emotional Well-being



This information is published by:

### New York State

David A. Paterson  
Governor

### Office of Mental Health

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Commissioner



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## Grades 7 and 8 (early 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.

### Seventh Graders

- Are spirited and enthusiastic
- Can "stay put" longer and exercise self-control
- Develop a growing sense of intuition and insight into self and others
- Become less moody and may become good-natured around adults
- Become increasingly self-reliant and self-centered
- Are curious but not ready for long-term planning
- Have a strong desire to be like peers

### Eighth Graders

- Are neat about their personal appearance, but not with their environment
- Like to be left alone at home

- Are sensitive and easily hurt, but also can easily hurt another's feelings
- Are often mean when they are frightened
- Tend to mingle with their friends of the same gender
- Want to be "cool" and fit in with their peers
- Have a sarcastic sense of humor

## Understanding your child

By the seventh and eighth grades, your child is beginning to fine tune her social and emotional skills and generally:

- Has the ability to pass on leadership and authority when appropriate.
- Can recognize the contributions of others.
- Can provide information in a constructive manner.
- Can communicate clearly.
- Can comprehend the benefits of setting limits for self and others.

### Generally by grade eight your child can:

- Analyze the short-term and long-term consequences of safe, risky, and harmful behaviors.
- Demonstrate strategies for solving interpersonal problems without harming themselves or others.
- Demonstrate refusal, negotiation and collaboration skills to avoid potentially harmful situations.

- Apply knowledge and skills to help others and to establish the norm of nonviolence.
- Apply the skills and strategies needed to resolve conflicts, manage intimidation, avoid and escape violence and maintain personal safety.

## 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.
- Be involved in your child's school—attend events and parent teacher conferences.