



## Growing Up: 10th Grade

**Help your child identify and pursue his/her interests and passions—and to begin planning and preparing for the future.**

### Explore Careers

Identifying interests, abilities, talents, and values is an important part of figuring out what's next, whether it's choosing a career path or a college major. Talk to your child about how a particular talent, skill, or personality trait can be a valuable asset in the right career field.

Choose a subject your child likes, and together explore the careers related to that subject. For information on specific careers visit [bls.gov/ooh](http://bls.gov/ooh).

### Discuss Education Options

Most careers today require education and/or training beyond high school. While some careers require four years of college, others require one or two years of additional education.

Whether it's a four-year college, two-year college, or career/trade school, encourage your student to continue his/her education beyond high school. *While there are many factors that determine the kinds of opportunities a student will have in life, the biggest determining factor is education.*

***"We cannot always build the future for our youth, but we can build our youth for the future."***

Franklin D. Roosevelt



**WOODBURN PRESS**

**Support Your Child InfoGuide**

Tenth Grade

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## Encourage Safety and Responsibility

**Your teen and many of his/her friends may soon be getting a driver's license, and with it, an increase in freedom. Now is the time to discuss road safety, and the importance of making good choices.**

- ▶ Have rules regarding acceptable social activities. When your child is out with friends, require regular check-ins, and let your teen know that you expect him/her to behave responsibly.
- ▶ Talk to your child about the dangers of alcohol, drugs, smoking, and vaping. Make sure your child knows where you stand on these issues, and that there will be consequences for tobacco, alcohol, or drug use.
- ▶ When your child starts driving, provide specific driving rules and guidelines (e.g., one friend in the car at a time, no phone calls, no texting).
- ▶ Make it clear that your child is to never get into a car if the driver is under the influence of alcohol or drugs—and that you will pick him/her up anywhere, anytime, lecture-free.

*Adolescents need their parents to make rules and set limits. Knowing that they have a parent who cares enough to make sure they "stay on track" gives adolescents a much needed sense of security.*

Support Your Child

# 10th Grade



Parent Involvement Guide

# Welcome to Tenth Grade!

After all the fuss of getting adjusted to high school, sometimes tenth graders are expected to just sail along on their own. It is, however, important for parents to stay involved, make sure their child is succeeding in their classes, and provide guidance and support.

Your child will learn a great deal this year, but tenth grade is about more than academics. In tenth grade, students continue to grow and mature, both socially and physically.

In this guide you will find information that will help you help your child have a successful sophomore year. Included in this guide are:

- ▶ tips to help your child succeed in school.
- ▶ tips to encourage safe, responsible technology use.
- ▶ ways to help your teen stay safe as he/she becomes more independent.
- ▶ tips for helping your tenth grader plan and prepare for the future.

**Your involvement and support are key to your child's success!**



## Succeeding in the Tenth Grade



### Academic Success

**Here are some ways that you can help your tenth grader succeed in his/her classes.**

#### Help Set Academic Goals

Goals give students something positive to work toward. At the beginning of each grading period, help your child set some academic goals. These could be grades your child wants to earn, or goals such as having all homework done by 9:00 each night.

#### Make a High School Plan

To ensure that your child takes all the courses he/she needs and wants to take, make a list of the courses your student plans to take each year in high school. Consider graduation requirements, college recommended courses, and your child's interests. If you have questions, talk to your child's counselor.

#### Monitor Progress

Make sure your child gets off to a good start in all of his/her classes. See all interim/midterm reports and report cards, and contact the teacher if you see your child struggling in a class. If your child is having problems with a number of classes, or if you have other concerns, contact your child's counselor.

#### Provide Support

Provide encouragement and support, and show a genuine interest in what your child is learning.

Talk to your child about what's happening in school, and be a good listener. Pay attention not only to the words your child uses, but also to your child's body language, attitude, and mood. Always be available to help or step in if you see there's a problem.

### Using Technology

**Today's youth are often more tech-savvy than their parents, but young people still need their parents to provide guidelines and set limits.**

#### Ways to Help at Home

- ▶ Remind your teen to be respectful and kind online and to never post anything that he/she wouldn't want a parent, teacher, or college admissions officer to see.
- ▶ Have ongoing conversations with your teen about what is appropriate (and inappropriate) to share and view online.
- ▶ If your child plays video games, sites such as [www.common SenseMedia.org](http://www.common SenseMedia.org) can help you determine if a game is appropriate.
- ▶ If you don't entirely trust your child to be transparent with you about his/her online habits, check out the parental control features on your internet browser and your child's phone.
- ▶ Be a good role model. We adults give up the right to lecture if we don't exhibit the same self-control that we're expecting of our children.

#### Set Times to "Unplug"

Insist that all communication devices be turned off and put in a basket during dinner and other family times.

To ensure that your child gets a good night's sleep and isn't on the phone late at night, require that all phones be plugged in for recharging in a central location an hour before bedtime.