

*'Academic success is linked to physical and emotional development, well being and self esteem.'*

Helping Young People be  
Happy and Healthy  
throughout Secondary  
school !



For further advice about parenting courses contact:

PCS Student and Family Support:  
01273 581100

**Local agencies:**

Time 2 Talk - [www.mediationplus.eu/](http://www.mediationplus.eu/)  
01323 442781 - Intergenerational Mediation aimed at helping young people and their families

East Sussex Parenting Partnership  
[www.parentingmatters.org.uk](http://www.parentingmatters.org.uk)  
General parenting advice and links

**National Support:**

Parentlineplus - [www.parentlineplus.org.uk/](http://www.parentlineplus.org.uk/)  
Freephone: 0808 800 2222 - Provides help & support for anyone caring for children

Gingerbread - [www.gingerbread.org.uk/](http://www.gingerbread.org.uk/)  
Freephone: 0808 802 0925  
Information for single parents

Relate for Parents & Families  
[www.relateforparents.org.uk/](http://www.relateforparents.org.uk/)  
0300 100 1234 - offers free support, ideas, guidance and information



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## **We all want young people to be happy, confident and successful in life**

Social and emotional skills are essential to success in all aspects of life, including academic success.

Skills such as:

- Managing change
- Dealing with anger and frustration
- Developing good relationships with other young people and adults
- Making good choices
- Resolving conflicts
- Understanding self
- Identifying appropriate goals and maintaining motivation

If you are living or working with a young person in secondary school the next few years are likely to be an exciting and occasionally bumpy ride. Through this time the young person will grow and develop into an adult.

Parents and carers know their children best and contribute to the development of these social and emotional skills throughout their lives.

In schools social and emotional skills are taught throughout the curriculum and through opportunities that take place beyond the classroom.

Adults are important role models for young people. Who all need to work together to help them understand emotions and know how to use them constructively.

## **HOW WE CAN HELP**

### **Communicating**

1. Find a time to talk.
2. Give the young person your attention. Don't always expect an answer you want to hear.
3. Don't belittle concerns.
4. You don't need to solve the problem, listening can be enough.
5. Try not to interrupt
6. Equally encourage the young person to take time and listen to others when life seems confusing.
- 7.

Young people experience ever changing emotions and are often falling out with both their family and friends.

### **Providing and Sharing Experiences**

Encourage participation in activities. Plan and do things together. Find time to share experiences. Encourage young people to widen their interests and get to know different social groups.

### **Give Praise & Celebrate Success**

Praise makes us all feel good and boosts our self esteem.

Give 4 positives to every negative, catch young people being good!

### **Managing & Keeping Rules**

Boundaries are important for young people to feel safe, agree and set rules. Be realistic and consistent with sanctions.

### **Motivating**

We all need to have dreams and to make these dreams a reality we need to make plans that can be broken down to small achievable targets. We have to stick at plans even when things get tough; without these skills our ambitions become vague and difficult to achieve.

Help young people take responsibility for their dreams. Let them choose their own goals; they are likely to stick at something they really want to do. Also talk to them about making their goals realistic.

### **Dealing with Frustration and Anger**

There are lots of different pressures on young people today and it is important not to ignore or overreact to young people's frustration and anger.

Help them to recognise the first signs of anger in themselves before they lose control.

Talk about different ways of calming down e.g. counting to 10, breathing deeply, listening to music, taking time out to think.

If you find yourself in an argument with a young person use the same methods to calm down.

Find the method that works best for you. One idea to solve a problem may not work immediately; we need to be open to other ideas.