



# Making Connections....

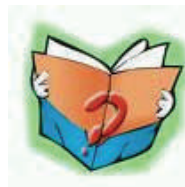
## With Parents and Families to Increase Student Achievement

December 2009

Welcome to a new section of our monthly newsletter, *Making Connections with Parents and Families to Increase Student Achievement*. This section features articles and information on best practices for parents and families for supporting the safe and healthy development of their children; effective practices, strategies, programs and information for parents and families to partner with the school on student health and success; and/or research-proven strategies for schools to most effectively partner with families. We encourage you to “borrow” and share articles for your school’s newsletter, the parent/family section of your website, or any other venue that you have developed to educate and involve parents and families.

### Navigating the Teen Years: A Parent's Handbook for Raising Healthy Teens

This handbook, endorsed by the American Academy of Pediatrics, includes expert advice, information, and easy-to-use checklists designed to help parents guide teens toward a healthy life. It provides suggestions for daily, weekly, and monthly actions, as well as setting expectations and rules, monitoring teens, and being a good role model. Kids who learn from their parents about the dangers of underage drinking, illicit drugs, tobacco use, dangerous driving and other risky behaviors are less likely to engage in them. This resource is available at <http://ncadistore.samhsa.gov/campaigns/caringyouth/cfoy.aspx>.



### How Parents Can Help Prevent Pregnancy and Sexually Transmitted Diseases Including HIV

RESOURCES  
FOR Parents  
CLICK HERE!

Parents have a greater influence than they might realize when it comes to their teens decisions about sex. Knowing who your children are with, positive relationships with your children and family dinner routines have been linked to delayed sex among teens. Sexually transmitted diseases, including HIV and unintended pregnancy have been linked with early sexually experiences among teens.

- ♦ A positive parent-teen relationship is associated with a reduced risk of early sexual experiences among teen girls.
- ♦ Teen boys who eat dinner with their family every day have a lower chance of having sex before age 16.
- ♦ Adolescents are less likely to have sex before age 16 when their parents are more aware of who their children are with when they are away from home

Source: *Child Trends Research Brief. Parents Matter: The Role Parents in Teens' Decisions About Sex. November 2009. www.childtrends.org*

### Top Ten Cell Phone Safety Tips to Share with Your Teen

1. Only give out your cell phone number to people you absolutely trust.
2. Never take cell phone pictures or video that are sexual in nature.
3. Do not send texts or capture pictures or video on your cell phone that you wouldn't feel comfortable sharing with your parents.
4. Think about how you'd feel if your text, picture or video were shared with the entire school or on Internet.
5. Remember that all of the text, photos, and videos you create with your phone are saved and available as digital evidence. This means that even if you delete a text, photo or video from your cell phone, your cell phone company still has a record of it.
6. Schools can take your cell phone when they have reasonable suspicion that it has been involved in some violation of school policy or the law.
7. Never text and drive.
8. Having a cell phone is a privilege.
9. Don't respond to text messages from numbers and people you don't know. Learn how you can block certain people (via their cell phone numbers) from contacting you.
10. Keep your cell phone keypad locked and do not share your PIN or password.

Source: *Cyberbullying Research Center, www.cyberbullying.us*