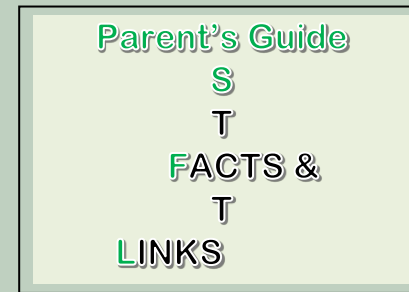


5. If your child is using marijuana, he or she might:

- Seem unusually giggly and/or uncoordinated
- Have very red, bloodshot eyes or use eye drops often
- Have a hard time remembering things that just happened
- Have drugs or drug paraphernalia—drug-related items including pipes and rolling papers—possibly claiming they belong to a friend if confronted
- Have strangely smelling clothes or bedroom
- Use incense and other deodorizers
- Wear clothing or jewelry or have posters that promote drug use
- Have unexplained lack of money or extra cash on hand

<https://www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know/want-to-know-more-some-faqs-about-marijuana>



March

Positive Perceptions and Your Teen

Interviews conducted among ethnically and socioeconomically diverse 13 - 14-year old's found that teens who felt good about their social standing did well over time, regardless of their actual popularity.

These teens who had positive perceptions of their own social success were increasingly less hostile and more frequently sought out by their peers as compared to teens who lacked a strong sense of their own social acceptance and were rated as unpopular by their peers (Teens' Perception That They Are Liked Found to Be At Least As Important as Actually Being Liked, 2008).

- Discuss with your teen how he/she views himself/herself.
- Discuss with your teen how he/she views the world

"Perceiving oneself to be liked may actually be at least as critical in determining future social outcomes for teens as is actually being liked by other teens," says McElhaney, who called adolescents' feelings of confidence in their own social standing a "protective factor." For more information:

<https://www.sciencedaily.com/releases/2008/05/080515073014.htm>

Importance of a Positive Attitude

One of the most important steps you can take toward achieving your greatest potential in life is to learn to monitor your attitude and its impact on your work performance, relationships, and everyone around you (Why Your Attitude Is Everything).

- Discuss with your teen the importance of having a good attitude.
- Discuss with your teen how attitude affects your success.

For more information: <http://www.success.com/article/why-your-attitude-is-everything>

Teens and High Self Esteem

54.5% of students report to normally have “high” self-esteem vs. 45.5% of teens who say they normally have “low” self-esteem (Report on Teens and Self Worth)

- Discuss with your teen the importance of self-worth
- Ask your teen how they see themselves

95% of teens have felt inferior at some point in their lives. When asked why they have felt inferior, students selected their top three conditions.

The main reasons students have felt inferior are:

59%: Appearance

49% : Ability in some activity

38% : Intelligence

35% : Size

21% : Age

13% : Race

13% : Gender

12% : Family economic status

6% : Religion

6% : Sexual Orientation

84% : Teens have felt superior to another person

41% : Students have purposely tried to make another person feel inferior. When asked why they think people try to make someone feel inferior, the main reasons cited were:

- Because of their own low self-esteem or insecurities: 50%
- Because they like to feel powerful: 32%
- Because of peer pressure, e.g. others also were making this person (or people) feel inferior: 10%
- Because they dislike the person: 7%

Keep your teen organized and focused

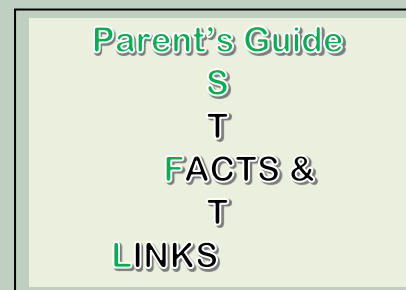
Parents can play a vital role in helping teens succeed in school by being informed and lending a little support and guidance. Even though teens are seeking independence, parental involvement is an important ingredient for academic success.

- Discuss with your teen his/her plans for the school year.
- Discuss with your teen his/her readiness to return to school

Learning and mastering the skills of getting organized, staying focused, and seeing work through to the end will help teens in just about everything they do. But this is not usually explicitly taught in high school, so teens can benefit from some parental guidance with organization and time-management skills.

For more information:

<http://kidshealth.org/en/parents/school-help-teens.html#>



April

Practicing the Leadership Skills

Colleges place a strong emphasis on leadership, as any high school senior who is filling out applications can tell you. We watch movies and read books about leaders. It borders on a national obsession (Baskin, 2012).

- Talk to your teen about getting involved in activities that help teach leadership.
- Discuss with your teen the importance of practicing the leadership skills he/she has learned

Leading is more about learning specific skills than possessing inherent qualities. In this way, being a leader is like being an athlete. Certainly, some children are born with attributes that aid in athletics, such as size and quick reflexes. But success in athletics requires thousands of hours of practice to acquire the skills needed for success. Regardless of genetics, there is no substitute for practicing forehands and backhands if one wishes to excel at tennis. Ultimately, success has much more to do with the skills honed through practice than genetics.

For more information: <https://www.psychologytoday.com/blog/smores-and-more/201212/teaching-teens-lead>