

## Parent presentation outline

### Introduction

Siobhan: Good morning and thank you to Holy Trinity for inviting the North Oakville Youth Development Council to present to parents today for your grade 9 orientation. My name is Siobhan, and I'm the Project Coordinator for Our Kids Network North Oakville youth initiative. Holy Trinity is a great community champion and school connection when it comes to raising awareness about the importance of key ingredients for children and youth to thrive. What are these ingredients for your child's success at Holy Trinity? We know from the research that there are 40 things that kids need to succeed and this school is working with the community so that students can have access to as many of them as possible. There are also 20 family assets that are critical for strong and happy families and that's your job. The most important of these is the *relationship* you have with your child. In every measure of success, meaningful relationships play an important role and this is the most important job for parents as your children transition into high school. This morning, some of our youth council members and youth volunteers have put together a brief presentation for you, explaining in their words why some of the family assets are important and how they have made a difference in their lives, contributing to their success as students. If you would like more information on the Family Assets and the work of our North Oakville youth council please contact me at the email address that's posted on some of our presentation slides today. Now I will turn it over to Victoria.

### Family Assets

Victoria -

- Hello, my name is Victoria and I am going into grade 11 here at Holy Trinity
- The main assets we are talking about today are emotional openness, support for sparks, fair rules and problem solving, contributions to family and establishing family routines.
- The reason we chose these five assets are because we believe that these assets are what will allow you and your son or daughter to continue to grow and have a strong relationship. We understand that this change can be difficult for your family, especially if this is your first child going into high school, but with these assets, we hope to make this experience as positive as possible.

### Emotional Openness

Kat: **Introduce yourself**- Emotional openness- family members can be themselves and are comfortable sharing their feelings

- This is important because this makes the kid trust their parents, and vice versa. They can come to them in hard situations, knowing they have their back. Parents will also trust their child more, allowing them to do more things with more freedom and trust.

- A good example would be to let your child know you are always there for them, and won't force them to tell you information. You're there for them if they want to speak to you.
- A bad example would be forcing your child to speak to you, not keeping the information they tell you confidential, not respecting their decisions, not being supportive or not responding well to whatever issue they confide in.

### Support for Sparks

Kat: Support for sparks- family members encourage each other in pursuing their talents and interests

- This is important because every person is different with different interests. The child has their own wants and own things that make them happy; they are living their own life and forcing a certain career on them won't make them perform better or change their mind.
- A good example would be to let your kid know what is the best way to succeed in life, that they need to try hard in all subjects and always aim high and never give up. Support them in every choice they make, while giving them advice. Help them achieve their goals.
- A bad example would be to force your opinion on them (ex.: force them to go into a profession they don't even like), refuse to listen to their life plan, tell them their talents and passions aren't going to get them anywhere.

### Fair Rules and Problem Solving

Romina: **Hi everyone, my name is Romina and I'm a tenth grader at Holy Trinity** - fair rules - parents set fair rules and all members of the family understand and follow them problem-solving - when faced with a challenge, family members work together to resolve the issue at hand

- Establishing fair rules allow all members of the family to understand what is expected of them and so through the following and understanding of these fair rules, family members will have better relationships with each other and fewer issues will arise. Problem solving is very important, and it is especially useful as members of a family enter an important stage like high school. As these students face new complications or challenges, other family members can come together and help effectively solve these issues.
- A good example would be giving your child enough space to discover ways of managing their time. This will help them establish a balance between their academic and social life.
- A bad example would be restricting different aspects of their lives like hanging out with friends in order to get them to focus on school. Socializing is an important part of a young person's life. If your child is

struggling with maintaining that balance, then problem solving comes in and you can help them find new ways to do so.

### Contributions to the Family

Victoria: Contributions to the Family- Family members help meet each other's needs and share in getting things done.

- This is important because when in high school, it can get stressful. If a child had to take on many responsibilities then they would get really stressed and might not be able to complete their homework or family responsibility.
- A good example of this is dividing work around the house evenly among kids or the whole family. This way everyone is contributing and nobody has a heavy weight on their shoulders.
- A bad example is having one child have many chores and other family members having no responsibility.
- Keep in mind that if one kid has a lot of work on their plate, maybe give them less responsibilities as they already have a lot to deal with
- Also, if one of your kids is struggling with their homework, try contributing your ideas and help. Even if you don't quite understand what they're learning in school, just giving them your support and letting them know you are there to help can really go a long way

### Establishing Family Routines

Razin: **Introduce yourself**

Hi, my name is Razin, I am 14 years old and will be beginning my High School from Grade 9 at Aldershot Secondary School in Burlington.

-Establishing family routines (school and at home)

- I think families should definitely have established routines, as I think this will help the kids manage their time and know how to set good routines.. This will facilitate in bringing family together and making strong bonds with one another. It also helps the kids to communicate and share their thoughts in class as well as at home.
- A good example would be to eat together, such as breakfast/lunch/dinner. This is a great time to talk about your day and be open about your feelings, which is so much better than not communicating at all. Spending time together in general during holidays or weekends is also important, or a small thing like sitting and watching a movie together, you laugh together and share your thoughts with each other.

- A bad example would be to be isolated from one another, not knowing what each others interests are
- --I feel family is really important in one's life, they brought you up and are behind you 100% of the way. They always want the best for you, and want to see you succeed. It is one of the most important assets. Everyone benefits from having strong and healthy families that have meaningful relations with one another. In the end I think this can help me in school because if I am having any challenges I always have my family to talk to. This will help me allocate my time at school and at home for homework and with my families motivation I'm sure I will have a great time in High School.

### Personal Stories

Here's how our parents supported us and helped us be more successful...

Kat: So I had this really strict teacher in grade 9, and there were so many rumours about her. I was told that nobody could get higher than a 70%, she was a very strict marker and wasn't very approachable when it came to questions. I was really scared. I told my parents and they made it clear that they were always there to help me, and that really got my hopes up. The teacher ended up being not as scary as she was described, but still on the strict side. I think the students that weren't trying hard enough or weren't used to a serious workload were the ones creating these rumours and overreacting. Without my parents, I think I would be more scared and less confident in my abilities. I think that this is a great example of emotional openness as they listened to my concerns and helped me through it. Having a strict teacher did benefit me, because this teacher taught me how to think deeper than whats on the surface. I learned how to analyse things more and I learned how to do my very best. Teachers are there to help us, and so I think she was just challenging us to do better.

Romina: Whenever I had a lot of work and had to stay up longer to finish it, my mom would volunteer to stay up late and sit with me. She did this although she had work in the morning and staying up with me meant that she would be more tired in the morning. My mom being there for me meant a lot and helped me feel less stressed and anxious. There was this one time, where I got home late and had a very big test to study for. I felt very unmotivated and like there was no way I could actually study so much in very little time. My mom saw that I was stressed and brought me a cup of coffee and sat with me all night. Without her support, there was no way I could have done well on that test. These fairly small acts helped me understand that my mom would be there to support me no matter what and pretty much got me through my first year in one piece.

Victoria: Throughout high school, the main thing my parents contributed to the family, especially my sister and I, is their support. For example, if I didn't do too well on a test, they would remind me that one test isn't going to change my life and they push me to do better next time. I think support is one of the best things

that a family can contribute to each other because it truly allows everyone to grow. Instead of getting mad at your son or daughter, encourage them to do better will allow your relationship to grow stronger and will have a better impact on their future marks.

Razin: I remember this one time when my family and I set up a Monopoly game.. We didn't have much to do that day so it was the next best thing to undertake together. It actually turned out to be good for us, we got to connect and find similarities in our playing styles. After some time of playing our game somehow turned into a deep discussion on mortgages and then our day at school and how it all was going. We talked about what we were struggling with and what we were looking up to. After that we knew that this would be good so we incorporated this into our schedule, that at least two of the 7 days of the week we were going to come together as a family and play a boardgame or just sit and talk in general. We got to express any struggles we were going through, which lead to really good advice from everyone alike.

-Razin: another story of mine is for the parents, parents, I think not putting as much pressure on the newer kids can help them transition into High School with a positive attitude. Most of my friends were anxious about the stresses of moving to secondary school. They said things like they weren't going to have any free time, or that they were going to have piles of homework everyday of the week. I think with pressures such as these of their minds it will make time in High School much better than the way they see it today, this might lead to better performance in classes and a better mood in school and home. My parents and teachers taught me not to stress too much and look at it as a place to learn and grow rather than a place to fear or worry about

## Tips

### Kat:

- Show interest in your child's education and passions
- For example: you could join your child's google classroom so you can see lessons and upcoming due dates
- Don't force your opinion on them
- Support them through their passions and talents
- Simple actions such as asking about each other's day can lift both of yours moods and start up a conversation
- Set clear boundaries as to what are good choices and what are bad choices. This is really important as these are the rules that will guide your child through life. Make sure they're not too strict, that there's still room for fun such as friends.

## Outro

Victoria: Thank you all so much for listening, we all hope you learned more about the family assets and how they can better the relationship between you and your son or daughter. You will be receiving a handout to refresh your memory on the assets if you ever need help remembering them. Feel free to contact Siobhan for more information, her information is on the final slide. Thanks again!