

# SUPPORT

empowerment

Tips to increase the number  
of Developmental Assets  
in our teens

positive identity

constructive use of time

**49%**

receive support from  
3 or more nonparent adults.\*

#### Come in and share your story!

Last year during the WDHS Expansion Event, adults were invited to talk to the students about their profession and the journey it took to get there.

This gave our students an opportunity to get to know other caring adults and develop a better connection to the community. It was so successful that the school is continuing with this mentor program.

If you would like to visit a class please contact Karin Lang at [kmlang@cogeco.ca](mailto:kmlang@cogeco.ca)

**32%**

of WDHS students are given useful roles in the community.\*

#### Volunteer with them at a community event.

Volunteering is about so much more than collecting 40 hours. It builds confidence and connects them to other caring adults. Universities, colleges & employers view it as an important part of the application. It can be a gateway to a future career. Find out what interests your child and look for opportunities to volunteer or have them contact a local business and see if there is an opportunity to volunteer and learn on the job.

Check in with the Student Success Department to find opportunities for service and involvement.

**55%**

of WDHS students feel their best friends model responsible behaviour.\*

#### Get to know their friends.

- have them over for a meal, plan a fun excursion
- discuss school boundaries & expectations when their friends are with them
- go on a class trip
- encourage positive friendships
- keep remarks about their friends upbeat
- if you're concerned about a friend or group of friends, discuss it with your teen but listen closely to what he/she has to say.

You can't choose who your teen becomes friends with, but you can help influence those friendships. Your teen is looking for a place to belong or fit in.

**53%**

of WDHS students are out with friends "with nothing special to do" 2 or fewer nights per week.\*

#### Help them balance a part time job, schoolwork and extracurricular activities.

Some facts<sup>1</sup>:

- working up to 20 hours a week has no particular strong effect on school performance
- working 21+ hours increases school failure for youth at all levels of assets
- working 5–10 hours per week lowers rate of repeated experience with sexual intercourse, alcohol use, antisocial behaviour and tobacco use; working 11–20 hours increases the rate

The more hours your teen works, it seems the more likely they are to drop out of other activities that are important such as sports, clubs, volunteering, etc.

## WDHS PARENT'S SCHOOL SURVIVAL GUIDE

commitment to learning  
positive values  
Assets help our teens make  
positive choices and avoid  
high-risk behaviour  
BOUNDARIES &  
EXPECTATIONS  
social competencies



**23%**

of WDHS parents are actively involved in helping their child succeed in school.\*

#### Join our WDHS Parent Council.

A great way to get to know other parents and find out more about what is going on.

#### Attend parent/teacher nights.

#### Log onto Parent Assistant.

View information about your teen's attendance history, grade history, diploma requirements and option sheets.

Visit the HWDSB website at: [www.hwdsb.on.ca/parents/parent-assistant](http://www.hwdsb.on.ca/parents/parent-assistant)

**54%**

feel safe at home, school, and in the neighbourhood.\*



For more information on "TipOff" contact, the school office.

Download our new "TipOff" App or text 905-963-0066 to report anonymous tips on bullying, student safety and crime.

TipOff receives text messages, scrambles the number and shares it with the school to deal with the concern.

Make sure your teen also has the number/App. and knows how to properly use it. It does not provide a counseling service but will direct students in crisis to Kids Help Phone or 911.

You need to decide when your teen's welfare or the welfare of others is endangered and take action. If your child is engaging in risky behaviour you need to intervene or seek help.



**48%**

of WDHS students feel their parent(s) and teachers encourage them to do well.\*

#### Set some school goals with them - focus on effort.

Generally the more effort they put in, the better they will do. This helps avoid setting unrealistic expectations.

Our teachers are being intentional about building relationships with students. Find out the best way to communicate with your teen's teacher and focus on strengths and interests by sharing ideas.



**18%**

of WDHS students spend 3 or more hours per week in lessons or practice in music, theatre, or other arts.\*

#### Get them or keep them interested in one of the arts.

At WDHS, there are a lot of choices to express themselves and build confidence:

- enroll in Communications Technology, a class that produces WINTV – currently airing live on Fridays in the atrium and cafeteria and posted on [www.wintv.ca](http://www.wintv.ca)
- join Tech Crew, the club that provides sound and lighting for various school productions and events
- join the photography club or school band "The District"

**68%** are actively engaged in learning.\*

**Motivation is important to helping them be more engaged in learning.**

When you talk about school stay positive, let them know you think school is fun and important.

If they are bored in a class find out why and talk to their teacher about ways to enrich the program.

Look for tutors and mentors that can help them explore more deeply the subjects they love.

Encourage them to approach the teacher and ask questions when they need help.



**52%** of WDHS students report doing at least 1 hour of homework every school day.\*

**Ask their teachers and Guidance Counsellor for suggestions.**

Our teachers are available for extra help so encourage your student to talk to them.

Find out which sites teachers are recommending and bookmark them for easy access. Teach your teen how to look for reliable sources of information and double-check any that look questionable.

For homework tips go to: [www.peopleforeducation.ca/document/homework-eng/](http://www.peopleforeducation.ca/document/homework-eng/)

**47%**

of WDHS students place high value on helping other people.\*

**Encourage your teen to sit with someone who they see sitting on their own.**

**Volunteer as a family.**

Children watch everything you do. By giving back to the community, you show them firsthand how volunteering makes a difference and how good it feels to help others and enact change. It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.



**49%**

of WDHS students place high value on promoting equality and reducing hunger and poverty.\*

**Encourage your teen to join or support one of these clubs:**

- JUMP – Justice-inspired, Understanding, Motivated People) Team
- SOLID – Student Organization for Learning about International Differences. Issues related to poverty is discussed. Currently planning Phase 1 of a community garden at WDHS.
- ConneXions is the curriculum-based classroom version of SOLID. A Grade 12, 3-credit program dedicated to social justice and global citizenship and includes a two-week trip to a Latin American host community.

**43%**

have empathy, sensitivity, and friendship skills.\*

**Encourage them to join one of the many sports or social clubs at WDHS**

- talk to them about "Spirit Days"; our focus this year is on creating a positive school climate and improving relationships
- never underestimate the "power of one" and a random act of kindness
- be on the lookout for signs of anxiety and depression in both your own kids and their friends



**49%**

of WDHS students seek to resolve conflict non-violently.\*

**If your teen has a conflict, talk to us about Restorative Justice.**

Restorative Justice aims to restore relationships as it moves away from traditional discipline. By requiring students to face their victims, consider the impact of their behaviour, and come up with a way to make amends, it holds them accountable for their actions and gives victims a voice. The focus is on long-term healing for all affected and reintegrating offenders back into the school community. It can address a wide range of issues including bullying and harassment. Your teen will realize that valuable life lessons result through effective problem solving and reflection.

**66%**

of WDHS students report that "my life has a purpose".\*

**Ask your teen what it is that brings them energy, joy and direction. Help them discover their hidden strengths, talents or passions.**

It's about discovering what's deep inside so they are less blown around by external pressures and distractions.

A sense of purpose gives young people a base for direction and meaning.

Focus on their strengths as productive and positive citizens and members of a community. Become aware of their "circles of influence"



**74%**

are optimistic about their personal future.\*

**Post an inspirational quote on a wall at home or text one to them regularly.**

Optimism is a key to healthy development. Encourage them to look at the glass as being half full and try to look at it that way too.

Look at different career paths and postsecondary education options with them on the internet. Visit our Guidance office.

No idea is a bad idea. The road is seldom straight; the opportunities may be a little less traditional. Encourage your child's individuality.

\*Results from Nov. 2012 survey of Grade 9 – 12 students at Waterdown District High School

1 "All Kids Are Our Kids" by Peter Benson, past President of the Search Institute. Available through the WDHS Parent Resource library.

## Stay connected

**WDHS website:**

[www.hwdsb.on.ca/waterdown](http://www.hwdsb.on.ca/waterdown)

**HC-HY website:**

[www.focusonthe40.ca](http://www.focusonthe40.ca)

Healthy Community – Healthy Youth Flamborough

WDHS Parent Forum

@waterdown\_DHS

@hchy40assets



**Our teens say...**

**listen**

**laugh**

**inspire**



**HC-HY Flamborough** is a community-led initiative to support positive youth development.



SOCIETY OF HAMILTON, BURLINGTON & AREA

Ontario Trillium Foundation

Fondation Trillium de l'Ontario

An agency of the Government of Ontario.  
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