



Growing Up: 9th Grade

Be involved, and provide your ninth grader with lots of encouragement and support.

Communicate

Be available to listen when your child wants to talk, and look for times when they are most likely to be open to conversation (such as when you are cooking dinner or driving in the car).

Talk to your child about what's happening in school and with friends. Pay attention not only to the words your child uses, but also to your child's body language, attitude, and mood.

Bullying

If your child ever mentions being bullied or harassed in school or online, find out exactly what's happened, and talk about how to best deal with the situation.

If you ever have reason for concern, ask your child if someone is causing problems for them at school or online.

Build Self-Esteem

Spend one-on-one time with your child, celebrate your child's accomplishments, and encourage your child to pursue their hobbies and passions.

"Children are likely to live up to what you believe of them." Lady Bird Johnson

Support Your Child

9th Grade



Supporting Social Growth

Friends are very important to freshmen; however, adjusting to a new social scene isn't always easy.

Here's how you can help your child navigate this important aspect of high school.

- ▶ Encourage after-school activities. Extra-curricular activities are a great way for teens to meet other students with similar interests. Being part of a team, club, or group also gives students a sense of belonging.
- ▶ In ninth grade, friendships often shift and change—a best friend in middle school may now have new interests and a new group of friends. Encourage your child to keep their "old friends," and to work on making new ones.
- ▶ Talk to your child about the dangers of alcohol, drugs, smoking, and vaping. Make sure your child knows where you stand on these issues.
- ▶ Make rules and set limits. Ninth graders need to know what's expected of them—and know that they will be held accountable for their actions and behaviors.
- ▶ Prioritize family time. While being with friends is very important to high school students, doing things with their family provides them with a much needed sense of security.

Parent Involvement Guide

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Ninth Grade

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Welcome to Ninth Grade!

Starting high school is a big step. High schools are usually larger, the coursework is more difficult, and the grades are more important. Students also go from being the oldest kids in the school to being the youngest. With all that's going on, ninth graders need the support of their parents.

Your child will learn a great deal this year, but ninth grade is about more than academics. In ninth grade, students develop the academic and social skills necessary to succeed in high school, and beyond.

In this guide you will find information that will help you help your child have a successful ninth grade year. Included in this guide are:

- ▶ tips to help your ninth grader develop important academic skills.
- ▶ ways to encourage healthy, responsible technology use.
- ▶ tips to support your child's social growth.
- ▶ advice on communication, bullying, and building self-esteem.

Your involvement and support are key to your child's success!



Succeeding in the Ninth Grade

Academic Success

Most ninth graders have a significant amount of homework, and a lot more reading to do. Having good study habits is therefore very important.

Developing Habits for Success

Help your child develop habits that will enable them to be successful in the ninth grade, and beyond.

- ▶ Insist on regular attendance.
- ▶ Encourage your child to use a planner every day to keep track of assignments, tests, etc.
- ▶ Help your ninth grader set academic goals.
 - ◁ Encourage your student to use any extra time in school to get started on homework.
- ▶ Help your child develop a good morning and nighttime routine.
- ▶ Make sure your child gets enough sleep.

Everything Counts

When a student becomes a freshman, everything starts to "count." Freshman courses, grades, and credits all become part of a student's permanent record, and freshman grades are used to calculate a student's grade point average (GPA).

Make sure your student understands the importance of doing their best this year.

Monitor Progress

It's important for ninth graders to be successful in their classes, and for them to get their high school career off to a good start.

If your child is struggling in a class or spending an excessive amount of time on homework, contact the teacher and discuss your concerns.

Using Technology

Today's youth are often more tech-savvy than their parents, but young people still need their parents to provide guidelines and set limits.

- ▶ Pay attention to your child's technology use and have ongoing conversations with your teen about what is appropriate (and inappropriate) to share and view online.
- ▶ Ask your child to show you some websites that are popular, and to share some of their favorite sites. This is a great way to stay connected, keep up on technology, and bond with your child.
- ▶ Find websites that support your teen's interests and passions—and sites that will help your child prepare for a career and/or college.
- ▶ Remind your child to never put anything online that they wouldn't want a parent, teacher, or college admissions officer to see.
- ▶ Discuss the importance of being respectful and kind to others online.

Set Times to "Unplug"

Insist that all communication devices be turned off and put in a basket during dinner and other family times.

To ensure that your child gets a good night's sleep and isn't on the phone late at night, require that all phones be plugged in for recharging in a central location (like your bedroom) an hour before bedtime each night.

