Reflecting on Your Involvement with Your Teen

Researchers have shown that the brain of a teen functions quite differently from an adult brain. The more adults connect with adolescents, the greater the chance for success during the teen years. The questions below are intended for personal reflection. Parents are encouraged to think about and set goals for being involved in their teenager’s life.

☐ Do I talk with my teen about peer pressure and how to manage it?
☐ Do I understand that it is not personal when my teen seems embarrassed by me?
☐ Do I discuss with my teen the value of daily attendance at school?
☐ Am I aware that adolescence is starting earlier and lasting longer?
☐ Am I aware of the importance of friends to my teen?
☐ Am I aware of what my teen is watching, playing, and listening to on TV and radio?
☐ Do I discuss with my teen the importance of getting at least nine and a half hours of sleep every night?
☐ Do I hold my teen responsible for completing all assignments on time and to the best of his/her ability?
☐ Do I initiate contact with my teen's teacher or principal to show support and express concerns?
☐ Do I encourage my teen to express their opinion?
☐ Do I encourage my teen to make independent decisions?
☐ Do I encourage my teen to investigate topics of interest?
☐ Do I confer frequently with my teen about the dangers of tobacco, alcohol, and drugs?
☐ Do I familiarize myself with the BCPS Student Handbook in order to discuss respectful behavior with my teen?
☐ Do I support, reinforce, and discuss the school discipline code with my teen?
☐ Do I understand the warning signs of gang involvement and discuss gang issues with my teen?
☐ Am I familiar with the signs of teen alcohol, tobacco, and drug use?
☐ Do I stay in contact with my teen's teacher through conferences, notes, and phone calls?
☐ Do I encourage my teen to participate in a wide range of community and school activities?
☐ Do I communicate the values I consider important in romantic relationships?
☐ Do I listen, listen, and listen to my teen?