



# project10 transition education network

## Parent Tips: Take Daily Steps to Develop SEC with Your Middle School Student

Focus on your youth's strengths	Follow up misbehavior with fair and sensible consequences	Ask your youth about how he/she is feeling
Find ways to stay calm when angry	Be willing to apologize to your youth	Give youth choices and respect their decisions
Ask questions that help youth to solve problems on their own	Set high expectations for your youth's educational activities	Encourage helping at home and in the community
Communicate with youth about homework and school activities	Be aware of your youth's activities, including after school, tv and online habits	Participate in school events

Schools, Families, and Social and Emotional Learning: Ideas and Tools for Working with Parents and Families. Collaborative for Academic, Social, and Emotional Learning (CASEL)

### Parent Involvement in Social-Emotional Competence

Studies indicate that youth benefit socially, emotionally and academically when parents are involved in their lives. See the table for tips that can help parents to support their youth in the development of social-emotional competence. More ideas are available at Schools, Families, and Social and Emotional Learning: Ideas and Tools for Parents and Families Parents and Families.

### Self-Determination

Self-determination skills are connected to SEC skills, but what do we mean by self-determination? In the "How Self-Determined Are You? A Toolbox of Resources to Help Build Self-Determination Skills", self-determination can be defined as follows:

- **Knowing and believing in yourself.**
- **Knowing what you want your future to be and how to make plans to achieve this future.**
- **Knowing what supports you need to take control of your life** (How Self-Determined Are You?, 2016, p. 1).

Helping your youth to develop self-determination skills begins early. Some recommendations for families on promoting self-determination at home include the following:

- "Give your youth opportunities to have a wide variety of experiences so he/she can discover likes and dislikes, and strengths and challenges" (How Self-Determined Are You?, 2016, p. 9).
- Teach choice-making by giving your youth the opportunity to make choices at home such as, clothing, hair style, music, exercise and more.
- Explain to your youth the self-determination skills that you use regularly. For example, if you are saving money to take the family on a special outing, explain the steps you are taking to reach that goal. Help your youth set goals to work toward.
- Help your youth to practice respectfully speaking up for his/her point of view at home.