

**NOTES FROM 3RD PTO MEETING
FOR FRESHMAN CLASS OF 2012
November 2, 2009
(7:05 PM in MLK Room)**

TRANSITIONING FROM ADOLESCENCE TO EMERGING YOUNG ADULTHOOD

- Carol Levin opened meeting
 - Reviewed important dates (as communicated in prior emails)
- Dean Diane Lande (Co-Dean with Melanie Alexander)
 - Reviewed Halloween at BHS – can see it on Youtube
 - End of Quarter 11/13
 - First quarter where grades count; good benchmark – No panic; can call Dean with issues
 - Moonlighting on 11/20 – BHS Faculty performs to raise funds
 - Need volunteers for After the Prom Party (ATPP)
 - Tuesday night dance on 11/24 (Wednesday is half day); Powder Puff game
- Presenter: Susan Ridker (parent of sophomore Elena, senior Andrew)
 - Has education degree from BC (after lawyering)
 - Facilitated workshop re: Emerging Young Adulthood
 - Adulthood begins with living independently, being independent financially, making independent decisions
 - Observation: Prepping kids for college often works against preparing them for young adulthood
 - Why/How:
 - Fosters a culture of overachievers
 - Parents feel good college is necessary key to success
 - Increased competition due to baby boom echo, online application ease, etc.
 - Kids are seen as products/packages
 - Why is this a problem?
 - Various ingredients needed to reach healthy young adulthood, including:
 - Physical health - nutrition, dress, balance, good sleep, safe sex)
 - Psychological well-being (resilience)
 - Life skills – acting independently, making decisions
 - Ethical behavior – dealing with cheating, betrayal, taking risks “
 - See *Doing School* by Denise Clark Pope
 - Healthy family/social relationships
 - Counterproductive to see kids as products, or as reflection of parents; friends can get sneaky/deceptive
 - Aim should be to create thriving kids, with skills that are beneficial to self & society
 - What can we do?

[*Workshop period*: breakout into groups of parents to discuss/formulate ways to help foster healthy thriving kids able to transition to emerging young adulthood]
 - Results/Reports from Workshop Groups:
 1. Physical Health promoted by:
 - family activities
 - healthy eating (family meals)
 - good sleeping habits
 - downtime/less electronics

- discuss body image/counteract “Cosmo” message
- sports – non-competitive is o.k. too
- teach them to trust their own choices
- model healthy behaviors
- open/good communication non-judgment/trust
- keep kids’ confidences

2. Psychological Well Being promoted by:

- Balance, individuality/modeling good behavior
- Kids are different, so stepping back and letting them be (within bounds)
- Relationship – independent from us but staying connected
- Expectations re: achievements – distinguishing between good vs. great
- Not being afraid to fail, being able to advocate on own behalf

3. Life Skills promoted by:

- Household chores – taking active roll in function of family unit
- Financial responsibility – living within budget, keeping account of cost of (e.g.) cell phone
- Cooking/eating in a healthy manner
- Learning/practicing good code of behavior (civility)
- Personal hygiene
- Critical thinking in respectful/constructive ways
- Making independent assessments/judgments
- Handling adversity
- Goal setting – deciding what you want/figuring out how to achieve it

4. Ethical Behavior promoted by:

- Working together vs. simply competing
- Suggesting/encouraging engagement with wider social community
- Modeling ethical behavior/discussing examples from one’s own day
- Healthy good relationships (family/social)
 - Standing up for good behavior (not just against bully, but also ready to help as bystander when needed)
- Helping someone who is sick/in need
- Taking care of each other
- Support/value effort/engagement independent of results
- Increase awareness/acceptance of social differences

5. Healthy Family/Social Relationships

- Having dinner together/no distractions
- Visits with extended family
- Engaging with community, neighbors
- Contributing to well being of greater community – family unit contribution/volunteering/giving
- Practicing/mentoring empathy/kindness
- Maintaining open/welcoming household, making kids’ friends comfortable
- Keeping open mind/open door to friends/acquaintances
- Empowering by helping them to problem solve so they can discover their own capacity
- Making home a safe place and listening without judgment

(Q & A Period)

Meeting adjourned at 8:40 PM.

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