Ways to support your teenager’s learning

Years 10 to 12

1. **Keep up-to-date** by reading information provided by the school (e.g. newsletters, emails, social media) and attending events whenever possible (e.g. information evenings, parent/teacher interviews, P&C meetings).

2. **Work with your teenager to establish appropriate study arrangements** at home or another location (e.g. library, homework club), and develop a routine to assist them to balance school, personal and/or work commitments.

3. **Work with your teenager to monitor screen time** and maintain ground rules to ensure consistency.

4. **Ask the school about opportunities** to be involved in discussions with your teenager about subject planning and selection, further education, and career options.

5. **Talk with your teenager about their goals and aspirations** and communicate high but realistic expectations about their education and career.

6. **Promote a healthy lifestyle** including adequate sleep, exercise, healthy eating, and positive mental health.

7. **Ask your teenager about their learning and school day.** This shows your child that you are interested in their learning and their wellbeing.

8. **Access local services** including local community health services, parenting programs and libraries that can support your child’s learning and development.

9. **Explore** the resources listed below for ideas on helping your teenager to learn and other topics of interest to parents.

**Useful resources**

- **Learning Potential website**
  [www.learningpotential.gov.au](http://www.learningpotential.gov.au)
  Ideas to support your child’s learning from birth to Year 12.

- **Triple P Courses for Parents of Teens**
  Parents of teenagers all have different needs – Triple P has many different ways to get positive parenting help.

- **The Family Dinner Project**
  [https://thefamilydinnerproject.org/resources/faq/](https://thefamilydinnerproject.org/resources/faq/)
  Food, fun and conversation about things that matter.

- **P&Cs Qld**
  The peak parent body which represents the interests of state school parents and citizens associations throughout Queensland.