

“HIGH FIVE”

- a helpful guide for parents to support
Secondary 4-7 students during distance learning



1. **Give your teen a High Five.** Let your teen know that you understand the situation they are in with distance learning. Give them a High Five and tell them that you will support them in any way they will need support.
2. **Talk with your teen** about the positive things they experience during distance learning as well as the things they find challenging. It is very important that we make space to talk about Covid-19. They could experience emotions such as sadness, fear, anxiety or sorrow for the situation where they feel loss of friendship, finding themselves, academic issues etc. It is important to talk to your teen about the rules and restrictions so we all contribute to getting this virus under control. Talk about wearing mask, washing hands and keeping distance.
3. **Support planning** – everything is planning with schoolwork, schooldays at school and schooldays at home, bringing right books, getting assignments done on time etc. Support your teen to get great planning skills and structures. Some teens need more support than others – but be curious on their specific needs?
4. **Help your teen get ready to learn** – with a good night's sleep, healthy breakfast, fresh air and a certain set area for schoolwork. Many teens find it difficult to make their everyday school routine during distance learning. Support them to get their sleep and to eat healthy meals, which is fuel for their body and brain.
5. **Social life** – be aware of your teens social life – online and in real life. Do they have plans to see anyone from school or from sports? Do they hang out online with their friends? Be aware of the online and the social media's power

concerning the relations in your teen's life. Ask your teen of the wellbeing for them self and others.