

Parents and Caregivers' Information Sheet

Grade 9 - 2024-25

BEING CONSCIOUS OF OUR IMPACT ON OTHERS

In adolescence, it is quite normal for couples and friends to have greater influence on each other. On the other hand, this influence can be negative or beneficial. As we navigate our interpersonal relationships, it is important to be open-minded and aware of the impact we have on those around us.

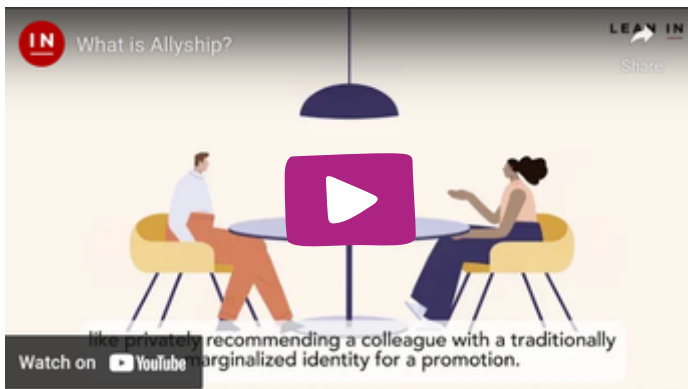
WHY TALK ABOUT BECOMING AN ALLY WITH TEENAGERS?

Adolescence is the opportune time to learn to become an ally and to fight against discrimination and violence among young people.

By deconstructing the issues in society, we allow young people to become aware of the issues and take action to promote healthy and safe spaces around them. Allowing youth to see that they are contributing to larger issues encourages them to be respectful and open-minded at a lower level, such as at school.



WHAT IS ALLYSHIP ?



WHAT IS INTERSECTIONALITY ?



PARENTING STYLES

The different parenting styles and the influence this can have on communication and the relationship between the teen and their parent / guardian.




Authoritative	Permissive	Authoritarian	Overprotector (helicopter parent)
<p>If your teen...</p> <ul style="list-style-type: none"> • is confident in their decision making skills; • Communicates their concerns with you and feels comfortable admitting their mistakes to you <p>Here are some tips:</p> <ul style="list-style-type: none"> • Show yourself warm and attentive by offering good supervision; • Establish clear and consistent rules; • Respect ideas and preferences and encourage initiatives 	<p>If your teen...</p> <ul style="list-style-type: none"> • Constantly attempts to push beyond your limits; • Has difficulty accepting limits that you attempt to place on them. <p>Here are some tips:</p> <ul style="list-style-type: none"> • Discuss with your teen where you are starting to feel uneasy and how you can move forward • Set clear limits and expectations to reduce the element of surprise/rejection when that limit is exceeded 	<p>If your teen...</p> <ul style="list-style-type: none"> • Tends not to communicate for fear of disappointing you being ridiculed or simply for fear of hearing 'no' <p>Here are some tips:</p> <ul style="list-style-type: none"> • When you give consequences, offer an explanation. This helps the teen see your point of view • Have reasonable expectations that match your teens development 	<p>If your teen...</p> <ul style="list-style-type: none"> • Has difficulty developing their own critical thinking skills • Hesitates when they must make a decision for themselves • Constantly questioning themselves <p>Here are some tips:</p> <ul style="list-style-type: none"> • Attempt to not intervene in order to allow them to make mistakes, these will help them learn • Start by giving them small opportunities to make good decisions. This can help reassure you that they are on the right path

REPRESENTATION IN MEDIA. IMPLICIT BIAS AND PARENTS' INFLUENCE


In society, we receive implicit messages through social media, advertisements, television and others. The messages that surround us as we grow up stay in our subconscious and allow us to make shortcuts or manifest themselves to allow us to make quick judgments. These shortcuts are called "unconscious or implicit biases" and they come in all forms and can influence the decisions we make without our knowledge. These influences, along with these unconscious biases, are often passed on to children. It is important to discuss this with your teen to improve their understanding and raise awareness in recognizing their unconscious biases within themselves in order to avoid discriminating against others.

To learn more, check out this video. This video looks at implicit bias notably with regard to race, but it is important to note that implicit biases exist with regard to many other aspects of our identities such as gender, religion, age, sexual orientation, among others.



Learn more about implicit bias in this video 

Resources

 **Important!** If you are concerned about your adolescent's health, ask a professional for help, or call the helplines mentioned below.

Do not hesitate to communicate with the school staff: the counselor, the teacher or the principal. Your family doctor can also help, as can the following resources:

- **Kids Help Phone:** to confide in somebody, 24 hours a day, seven days a week. Anonymous and bilingual. Toll-free number: 1-800-668-6868. kidshelpphone.ca
- **Phobies-Zéro (French only):** support and self-help group for people with anxiety, panic disorders, phobias and agoraphobia. 514-276-3105 or toll-free 1-866-922-0002.



RESOURCES IN FRENCH

- [Entrevue avec Édith St-Jean \(psychologue\) sur l'influence des pairs](#)
- [Garder l'équilibre avec son jeune](#)



RESOURCES IN ENGLISH

- [Role models and positive influences for teens](#)
- [Preserving the parent-teen relationship](#)

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