



## 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**  
[www.triplep-parenting.net.au/qld-uken/get-started/triple-p-courses-for-parents-of-teens/](http://www.triplep-parenting.net.au/qld-uken/get-started/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/>  
 Food, fun and conversation about things that matter.
- ▶ **P&Cs Qld**  
<https://pandcsqld.com.au/>  
 The peak parent body which represents the interests of state school parents and citizens associations throughout Queensland.

