



# Preparing for High School

## How can parents support their children?

- Ask questions about your child's worries and correct misinformation
- Learn about safety procedures at your child's school
- Pay attention to your child's behaviors, anxieties and needs
- Consult with teachers, social workers, and guidance counselors about changes in your child's behavior
- Identify safe and reliable adults and emergency contacts that your child can contact if needed

## What can students do to prepare?

- Rebuild a routine
- Reach out to classmates
- Check on summer assignments
- Build a support network
- Practice coping mechanisms
- Connect with teachers and guidance counselors
- Focus on what you can control

