

**8.-10. CLASS:
13-15 YEARS OLD**

PARENTAL CONSENSUS

**ADDITIONAL
MATERIAL**



Heimili og skóli
Landssamtök foreldra

1 UPHOLD CURFEW HOURS AS STIPULATED BY LAW AND BE ATTENTIVE OF YOUR TEENAGER'S SLEEP REQUIREMENTS.

- According to article 92 of the Child Protection Act, teenagers aged 13-16 should not be out in public after 10pm except when returning from a certified school event, sport activity or youth social. From May 1 to September 1, juvenile curfew time is deferred by two hours, but parents are free to instill tighter curfew parameters.
- According to article 94 of the same act, guardians are responsible for ensuring that teenagers adhere to juvenile curfew hours.
- Teenagers need a good sleep to undertake the challenges each day brings. Parents are responsible for ensuring that teenagers arrive to school fully rested.
- Recurrent lack of sleep can lead to issues such as depression, loss of focus, diminishing grades, slower reflexes and decreased stamina. A common standard for the sleep requirement of teenagers aged 13-16 is a minimum of 9 hours.

3 ESTABLISH A DIALOGUE ABOUT SCHOOLWORK AND THE SCHOOLDAY. PROVIDE ACADEMIC SUPPORT AND A GOOD ENVIRONMENT FOR ATTENDING TO HOMEWORK.

- A major part of a parent's job is to encourage and support their child's educational interest, which is directly linked with academic results. By taking an interest in teenagers' school activities and talking with them about their day at school, parents provide a positive message regarding the importance of education.
- Despite an increase in academic independence, it's important for parents to monitor their teenager's educational progress so that they can intervene and contact the teacher if necessary. A sudden change in academic progress can indicate anxiety or other problems that need to be addressed.

2 TAKE PART IN YOUR TEENAGER'S SCHOOLWORK, LEISURE ACTIVITIES AND SPORTS AND COOPERATE WITH OTHER PARENTS.

- Parents working together has a positive result on schoolwork and helps to ensure students' happiness. It also improves students' maturity and produces higher academic results.
- It's important to increase the responsibility that students feel for their education, but at the same time parents should be aware of their own role and responsibilities in their child's education.
- The knowledge and experience that parents bring to their tasks is a resource for schools and youth clubs.
- Parents and teenagers spending time together is a powerful prevention that encourages an improvement in teenagers' social standing and happiness.

4 BE AWARE OF BULLYING, INFORMING SCHOOL AND/OR PARENTS IF THERE IS SUSPICION THAT A TEENAGER IS A VICTIM OR PERPETRATOR OF BULLYING.

- Parents spending time with their children supports healthier lifestyle choices among children and teenagers. It's important to establish these relations early and maintain them into adulthood.
- Everyone has the right to feel safe in school as well as on the way to and from school. It's important that you believe your teenager and take his/her side. The role of parents is to help the teenager to gain the self-confidence and faith needed to believe that the situation can be resolved.
- If parents suspect that bullying is taking place, they are advised to immediately contact the teacher or school counselor and ask that the school assists in finding a solution to the problem.
- More information regarding bullying can be found on heimilogskoli.is, saft.is, neteinelti.is, olweus.is and gegneinelti.is.

5 GET TO KNOW YOUR TEENAGER'S FRIENDS AND CLASSMATES AND CONTACT AND CONSULT WITH THEIR PARENTS.

- Always know where your teenager is. Teenagers whose parents keep track of where they are and who they're with are less likely to fall into bad habits such as drug use etc.
- Research shows that teenagers who use drugs are more likely to have parents that do not discipline them and do not monitor their behavior.
- If your teenager is going to spend the night at a friend's house, confirm with the parents beforehand whether they will be at home.
- Parents should know their child's friends. Take part in the community and network of parents. Pay attention to other people's children as well.

7 DO NOT ALLOW UNSUPERVISED PARTIES NOR ALLOW TEENAGERS TO USE TOBACCO, ALCOHOL OR OTHER SUBSTANCES IN YOUR HOME.

- Although some parents trust their teenager and his/her friends to throw a party, such gatherings can easily get out of hand. Be present so that you can intervene if necessary.
- If your teenager is invited to a party, a good rule is to call the host's parents to verify whether there will be an adult present. There is a strong connection between drinking at an early age and substance abuse. Every year that the use of substances is delayed can weigh heavily for a teenager's future.

6 DO NOT PURCHASE TOBACCO, ALCOHOL OR OTHER SUBSTANCES FOR TEENAGERS.

- Be a good role model and follow the law. According to article 18 of law no. 75/1998, it's illegal to sell, administer or offer alcohol to anyone under the age of 20.
- By supplying teenagers with alcohol or other substances, you are condoning the use of such substances. Many teenagers partake higher amounts of substances than that which is supplied to them by parents. The younger that the child is when it begins to use substances, the more likely it is to take up substance abuse and develop learning or communication problems.
- Using alcohol to become inebriated at a young age raises the risks of various problems later in life.

8 BUILD UP YOUR TEENAGER'S CONFIDENCE AND TEACH HIM/HER TO TREAT OTHERS WITH RESPECT AND COMPASSION.

- Parents being supportive and encouraging of their teenager's healthy lifestyle choices improves his/her confidence and self-image. It's easier for an individual with a strong self-image to show others compassion and respect.
- Trust and mutual respect play an important role in ensuring the contentment of students and school employees. Students and teachers that are content produce better work and better academic results.
- It's important that teenagers show up to school on time.
- By spending time together and talking to their teenager, parents communicate their values to him/her. The more time we put aside to talk to our teenager, the more likely it is that he/she takes up our values. Teenagers who spend a lot of time with their families, and whose parents support them and pay attention to them, are more likely to not submit to negative peer pressures among their age group and less likely to fall into negative behavior patterns.

9 DISCUSS ONLINE COMMUNICATIONS WITH YOUR TEENAGER AND ESTABLISH RULES REGARDING INTERNET USE.

- New technologies require that parents stop to consider how best to make use of them. It's important to teach teenagers to safeguard their personal information. Explain to them that online communications adhere to the same codes of conduct as other communications. It might be a good idea to make use of SAFT's Five Online Commandments to discuss such communications with your teenager:
 1. Everything you do online reflects who you are.
 2. Healthy communications are as important online as anywhere else.
 3. Do not take part in anything that you are unfamiliar with.
 4. Remember that you leave behind an online trail.
 5. You are responsible for the things you say and do online.
- Parents must monitor the time that teenagers spend in front of a screen. Screen time takes time away from other activities, such as being outside, exercise, homework etc. Keep in mind that looking at a screen right before bed can cause sleep disturbances.

11 INSTILL EMPATHY AND OPEN-MINDEDNESS INTO YOUR TEENAGER TO EXPAND HIS/HER VIEW OF SOCIETY AND TEACH HIM/HER TO BE RESPECTFUL OF OTHER PEOPLE'S CULTURE.

- No two people are the same. It's important to teach your teenager to be respectful of other people's opinions, looks and customs. Providing information and discussions at home helps teenagers to practice empathy and increases their open-mindedness and compassion. Parents are the first and most important role model of every teenager. The attitudes expressed by parents towards those that are different is an important factor in shaping a teenager's point of view.

10 MAKE SURE THAT TEENAGERS ONLY HAVE ACCESS TO MOVIES, VIDEO GAMES AND ONLINE MATERIALS AT HOME THAT SUIT THEIR AGE AND DEVELOPMENT.

- According to article 94 of the Child Protection Act, parents and guardians are responsible for doing everything in their power to protect children from violent or sexual material or other unsuitable material, for example by obstructing their access. Parents are responsible for familiarizing themselves with advisory labels and age recommendations, as well as discussing the age limits and use of such materials with their teenager. It's a good idea to establish rules regarding the suitability or limited use of new technologies as soon as possible. However, keep in mind the advances and possibilities that such technologies offer.
- Some online games can be difficult as players feel they need to spend a lot of time playing them, and the game gradually supersedes all other obligations. The overuse of computers and Internet is a growing problem among children and teenagers. Parents are encouraged to familiarize themselves with SAFT-Home and School's Internet safety initiative—and the 10 Online Safety Guidelines that it offers (see saft.is). There you will also find a report button as well as information regarding video game content and age recommendations.

