

Resources

Bright Futures: National Center for Education in Maternal and Child's Health, Georgetown University's Public Policy Institute, visit www.brightfutures.org.

**Center for Disease Control and Prevention
Department of Health and Human Services,**
visit www.cdc.gov.

CASEL (Collaborative for Academic, Social and Emotional Learning), Department of Psychology, University of Illinois at Chicago, visit www.casel.org.

Illinois State Board of Education, Social and Emotional Learning Standards, Springfield, Illinois, visit www.isbe.net.

Iroquois-Kankakee Regional Office of Education, Kankakee, Illinois, visit www.i-kan.org.

KAN-I HELP Information Network – Serving residents of Kankakee and Iroquois Counties, visit www.kan-i-help.org.



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Grades 7 and 8

(early adolescence)



Snapshots

Of Your Child's
Social and Emotional
Well-being

Social and emotional learning is the way a child develops the ability to experience, regulate and express emotions, form close, secure relationships; explore the environment; and learn.

What to expect

Children develop at their own unique pace, so it's impossible to tell exactly when yours will learn a given skill. The characteristics below will give you a general idea of the changes you can expect as your child gets older.

Seventh Graders

- Are spirited and enthusiastic
- Can “stay put” longer and exercise self-control
- Develop a growing sense of intuition and insight into self and others
- Become less moody and may become good-natured around adults
- Become increasingly self-reliant and self-centered
- Are curious but not ready for long-term planning
- Have a strong desire to be like peers

Eighth Graders

- Are neat about their personal appearance, but not with their environment
- Like to be left alone at home
- Are sensitive and easily hurt, but also can easily hurt another's feelings
- Are often mean when they are frightened
- Tend to mingle with their friends of the same gender
- Want to be “cool” and fit in with their peers
- Have a sarcastic sense of humor

Understanding your child

By the seventh and eighth grades, your child is beginning to fine tune her social and emotional skills and generally:

- Has the ability to pass on leadership and authority when appropriate.
- Can recognize the contributions of others.
- Can provide information in a constructive manner.
- Can communicate clearly.
- Can comprehend the benefits of setting limits for self and others.

Generally by grade eight your child can:

- Analyze the short-term and long-term consequences of safe, risky, and harmful behaviors.
- Demonstrate strategies for solving interpersonal problems without harming themselves or others.
- Demonstrate refusal, negotiation and collaboration skills to avoid potentially harmful situations.
- Apply knowledge and skills to help others and to establish the norm of nonviolence.
- Apply the skills and strategies needed to resolve conflicts, manage intimidation, avoid and escape violence and maintain personal safety.

Ideas for Parents

There are many things you can do to promote your child's social and emotional success:

- Support your child's efforts and praise accomplishments.
- Listen and openly talk with your child.
- Recognize that your child's feelings are real and be careful not to minimize or dismiss them.
- Understand your child's need to be like his peers.
- Tolerate (within reason) your child's developing likes and dislikes in clothes, hairstyles, music.
- Encourage your child's goals, plans for the future.
- Spend time together as a family.
- Educate your child about risks associated with alcohol and drug use.
- Talk with your child about the physical changes in puberty that affect height, weight, and body shape
- Avoid critical statements or nagging about eating, weight or appearance.
- Be involved in your child's school – attend events and parent teacher conferences.

