

Schools & Families Working Together

Takeaways and Resources

Healthy social emotional skills (SES) for gifted teens are learned and reinforced when schools and families work together consistently and with good communication.

1. Social emotional skills help teens learn to: manage **feelings**, develop an **awareness** of others, make **good decisions**, and form healthy **relationships**
2. Schools help teens learn SES by including families in SES programs, communicating about resources, and listening to feedback
3. Parents help teens learn SES by talking with school staff and other parents, reinforcing SES strategies, and getting updates from/about teens' development.
4. Gifted teens can sometimes have unique social emotional challenges, but helping them develop strong skills can help them do better at school, have healthier relationships at home, and help to be more resilient.

If you are an educator, you can help teens and families strengthen SES:

- Find out more about the cultures and customs of the families in your school
- Create a specific resource center with books, tips, and videos to support parents and other school staff
- Choose a family engagement specialist to help families get connected and facilitate family involvement

If you are a parent, you can reinforce SES and strengthen your relationship with your teen:

- Ask school staff about SES programs or learning more skills, or start a conversation about adding SES activities at your teens' school
- Talk about feelings and manage conflict at home with your teens to practice your own SES and model them for teens
- Model SES with your teens by listening to teens without judgment, giving them choices, and encourage healthy conflict resolution.

Remember that schools, families, and teens are all on the same team and need to work together! Like all skills, SES gets stronger with time, patience, encouragement and practice.

For more information, see:

- CASEL's [School-Family Partnership Strategies to Enhance Children's Social, Emotional, and Academic Growth](#) for ways that schools can help families strengthen SES
- NBC's [Social Skills Guides](#) to help parents and families support SES for children of all ages and abilities

