

Is high school off to a good start?

The first few days and weeks of high school are a lot. Teenagers are trying to fit in, stand out, remember everything, and be present while thinking of the (increasingly imminent) future.

And while teenagers seem more and more grown up these days, they're still just kids trying to find their way. They're balancing a heavy academic load, responsibilities at home, part-time jobs or internships, social media, relationships, and activities. Some kids have the additional pressure that comes with anxious thoughts, depression, or difficulty focusing, making friends, and learning.

You know your child so well. Do you know how to respect their need for privacy while keeping an eye on their mental health? How do you reduce the amount of pressure they feel when it seems like all the things simply have to get done? **Here are three ways you can check in, decode behaviors, and support your child as the year progresses.**



Make teachers and school counselors your partner

Your teenager is at the age where they are more independent, but they still need a safety net. Their teachers and counselors see behaviors, moods, and interactions that you miss. Checking in with them isn't a burden — the more aligned you are, the more you know how to support your teenager.



Reduce overwhelm and encourage being present

A few weeks in, your teen will likely have a good sense of their classes, assignments, and after-school activities. Observe mood patterns, how much time they're spending alone, and whether social media is a boost or burden. Help them find balance, unplugged time, and rest.



Be their safe space and offer support

Teenagers are discovering who they are, what they believe, and where they belong. Life around them (and the thoughts in their head) can get heavy fast. Make your home a comfort zone. Notice their demeanor. Talk openly about their feelings and thoughts to catch/consider unhelpful patterns.

Brightline's expert therapists and psychologists help kids up to age 18 with things like anxiety, depression, ADHD, OCD, and disruptive behaviors. Families benefit from flexible in-person or virtual sessions, evidence-based approaches, and results. With the right support in place, things start to get better.