



Ministry of Education
Pedagogical Administration
Senior Department - Psychological Consultative Service

Towards the end of the civil year – talking openly with the adolescents

Dear parents,

In these days, of dealing with the effects of the Corona period on our lives (The distance, the increasing restrictions and uncertainty conditions, which can cause complex feelings of anxiety, concern and more), Also are added the adolescent challenges of our children: boredom, loneliness, search for new experiences out of Concentrating on the "here and now" and feeling that "it is not going to happen to me", ambition to feel independence and liberation and more.

Despite the lockdown guidelines, we are witnessing some of the youth planning to mark the end of the civil year with Social Gatherings, sometimes while drinking a lot of alcohol, smoking cannabis (marijuana, green, joint) and other dangerous substances, **contrary to the guidelines of the Ministry of Health** and at the risk of their safety and health and the health of those around them.

We believe that **our current interest and involvement in our children's lives, is important** and in our ability to help them avoid and deal properly with social pressure and risk situations. **Therefore, we recommend talking openly with adolescents.**

highlights for the conversation:

- ❖ **Emphasize the guideline for lockdown and the significance it has for the health of adolescents and the health of their relatives and friend.**
- ❖ **Take an interest in them, and make sure that no social gatherings are planned, that are contrary to the lockdown guidelines.**
- ❖ **Talk about situations of social pressure and encourage awareness and taking responsibility.**
- ❖ **Talk with them, and listen to their position** about drinking alcohol, smoking cannabis and other drugs and about their perception, of the risk of using drags and alcohol (in terms of "everyone smokes", "nothing will happen to me").
- ❖ Allow them to **share what need drinking or smoking will meet** ('permission' to be uninhibited? Release?) And discuss possible alternatives to pleasure, regardless of those substances.
- ❖ **Express sincere concern about the dangers** of drinking alcohol, using drugs and 'Mind-altering' substances, at an age when the brain is still developing, raising awareness of the risks and link of these substances to discretion, violence, harassment and sexual abuse, irresponsible driving and more.
- ❖ Encourage our children to take responsibility and **help others** avoid social gathering, use of materials and situations of harm to another (physical, verbal, sexual in nature, etc.) **and not stand aside** when they witness inappropriate behavior.
- ❖ Express confidence in the power of adolescents and their positive choices- tell them you trust them.
- ❖ It is very important to be there for our children and invite them to contact us to help them and their friends when needed!

**Dear parents, we are together,
and by our side, the education teams, as well as the parent patrols.
Wishing you a healthy, good and successful civic year.**