

DATING • BULLYING • SOCIAL MEDIA • VAPING • ANXIETY • MARIJUANA • SCREEN TIME

# THE PARENT HANDBOOK



**STANDARD EDITION**

**MIDDLE & HIGH SCHOOL**

Dear Parents,

Thanks for taking the time to look through this parent handbook!

I'll never forget the time when a parent called me and said, "I thought you'd like to know your parent handbook saved a life last night." When I asked how, she explained that her son came home from school and confided his fear that a girl friend of his was considering suicide. He relayed several examples of why he thought this. This mom said she immediately reached for her parent handbook and together they reviewed the warning signs listed on the suicide page. She said her son could see for himself why it was necessary to call the girl's parents and get her immediate help. This young lady's parents took her to be assessed that night and she was immediately admitted into an in-patient mental health program.

Our job as parents is to love, protect, and guide our children. We can't do that if we aren't aware of the issues presented in this handbook.

One of the most loving things we can do for our kids is to raise our awareness of the problems and pressures affecting their lives. Once I started making the effort to understand their world, my kids felt safer and I felt more confident.

Being a parent is the most important thing you will ever do. These middle and high school years will pass quickly and will not be without challenges. But, you can do this, and there's no need to do it alone. At Operation Parent, we're all parents too. We have personally dealt with the issues you'll see in the table of contents. If you don't find the help you need in this handbook, on our website, or from our webinars, I hope you'll give us a call.

Keep parenting!



Jean Schumm  
President & Founder

P.S. Several years later, I ran into the mom that called me about the parent handbook. She said that little girl ended up graduating from high school, attended college, and became a missionary. I love happy endings, don't you?

Be sure to check us out online for more resources and webinars

[operationparent.org](http://operationparent.org)



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