Middle School Issues

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Introductions
Topics

- Unique middle school issues
- HS and Beyond plan
- WA College Bound Scholarship
- Data collection
Middle school issues

- Cognitive changes
- Puberty
- Identity development, self-concept, & self-esteem
- Bullying
- Peer relationships
- Family relationships & need for independence
- Academic issues
- Transition programs between elementary, middle, and high school
Cognitive changes

- Abstract
- Future-oriented
- Mental health issues may manifest
  - What’s different between this and “normal” teen development?

**Depressive Feelings...**
Students who report feeling sad or hopeless for at least two weeks in the past year

<table>
<thead>
<tr>
<th>% of Students</th>
<th>8th</th>
<th>10th</th>
<th>12th</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>28%</td>
<td>34%</td>
<td>37%</td>
</tr>
</tbody>
</table>

**Suicidal Feelings and Actions...**
Students who report considering suicide, making a suicide plan, and attempting suicide in the past year

<table>
<thead>
<tr>
<th>% of Students</th>
<th>8th</th>
<th>10th</th>
<th>12th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Considered attempting suicide</td>
<td>17%</td>
<td>21%</td>
<td>20%</td>
</tr>
<tr>
<td>Made a suicide plan</td>
<td>13%</td>
<td>17%</td>
<td>16%</td>
</tr>
<tr>
<td>Attempted suicide</td>
<td>8%</td>
<td>10%</td>
<td>9%</td>
</tr>
</tbody>
</table>

Data from WA HYS 2016
Puberty

- Many physical changes!
- Different rates
- Concerns about body image & appearance
- Mood swings
Identity development, self-concept, & self-esteem

- Different roles
- Going through “phases”
- Give opportunities for exploration & success
Bullying (2016 WA Healthy Youth Survey)

**Bullying...**
Students who report they were bullied at school in the past month

- 6th: 27%
- 8th: 27%
- 10th: 21%
- 12th: 17%

**Harassment...**
Students who report being harassed or bullied at school due to their perceived sexual orientation or race or by a computer or cell phone in the past month

- Harassed due to sexual orientation: 11%, 9%, 7%, 8%
- Harassed due to race: 13%, 11%, 8%, 12%
- Bullied or harassed by computer or cell phone: 12%, 12%, 11%, 12%
Bullying--6th grade

**Bullying and Harassment Trends, Grade 6**

- ● Bullied in the past month
- ▲ Don’t feel safe at school

**Statewide Relationship between Lower Grades and Bullying Grade 6, 2016**

Statewide, more 6th graders who are bullied at school report lower grades in school (C's, D's or F's) compared to those who aren't bullied.
Bullying—8th grade

Bullying and Harassment Trends, Grade 8

- Bullied in the past month
- Don't feel safe at school

Statewide Relationship between Lower Grades and Bullying
Grade 8, 2016

Statewide, more 8th graders who are bullied at school report lower grades in school (C's, D's or F's) compared to those who aren't bullied.
Peer relationships

- Friends’ influence increases
- Desire to fit in is more important
- Those who have difficulty forming friendships are more likely to:
  - Have poor self-esteem
  - Do poorly in school
  - Drop out
  - Get involved in delinquent behavior
  - Suffer from a range of psychological problems as adults
Family relationships

- Help parents realize they are still important in their child’s lives!
- Balance freedom/independence with family needs
- Parents & involvement in school
Addressing the above issues (SEL)

- Classroom guidance
  - Anti-bullying, suicide prevention, community building
- Small groups
  - Friendship, social skills, stress management
- School-wide initiatives
  - Mix-it-up day, Character Strong, Random Acts of Kindness
- Exploratory/elective options
- Extra-curricular activities
- Community service
Academic issues

- Middle school “doesn’t count”
  - Time to create good habits
- Organization issues
  - Switching classes/teachers
  - Lockers
- Falling further behind
- WA State History--graduation requirement
Transition activities

- Elementary to middle
- Middle to high school
- School visits
- How to share information between educators
  - Academic
  - Personal/social
Other Requirements
- Review of Transcript and Progress
- State Assessments
- Interventions, Academic Supports, and Courses for student not meeting standard on 10th grade state assessment

Key Required Elements
High School & Beyond Plan Elements
- Begins in 7th or 8th Grade
- Career Interest Inventory
- Educational Goals
- 4-Year Course Plan that includes Personalized Pathway
- Resume or Activity Log
- Interventions and Academic Supports

Personalized Pathway
- Individual for each student
- Connects with 4-Year Course Plan
- Connects with career pathway or college major
- Identifies steps, timeline and who will help
HS & Beyond Plan

Resources and initiatives to support personalized planning beyond high school

What are some examples in WA State?


Other examples:
College Bound

HB 1293

Schools

Class competition form
Other issues?

Data:  Link to form

What other topics do you want to discuss?

Join Facebook: WSCA Middle School Rocks for more connections and resources!
Resources

https://www2.ed.gov/parents/academic/help/adolescence/part4.html

http://www.askhys.net/

http://www.k12.wa.us/