



COMPASS FOR UPBRINGING

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DEAR PARENTS AND LEGAL GUARDIANS

You are holding the Compass for Upbringing in your hands provided by School Social Work of the canton of Glarus. The aim of this «Compass» is to empower and support you as a parent or legal guardian in questions concerning children from kindergarten age up to teenagers in the secondary school age.

The tips and advice provided here should not be understood as definitive and 100% effective for all situations. They are intended to provide input and serve as guidelines on issues dealing with smartphones, the Internet and as points of reference for pocket money and other issues.



SUCCESSFUL UPBRINGING

«Mutual trust, honesty and respect»

There are no general instructions which guarantee successful upbringing. The principal values in upbringing are mutual trust, honesty and respect.

Supportive components in dealing with children and teenagers are:

- ▶ More encouragement and appreciation than re-proach; in other words, always see the positive aspects
- ▶ Clear demands and instructions
- ▶ Flexibility in negotiating rules
- ▶ Logical consequences of breaking rules
- ▶ Affirmative behavior in conflict situations

Be creative and imaginative. Get advice from your relatives, friends, counselling center or from us at School Social Work when you run out of good ideas or when they are no longer effective.

Do not hit your child. Physically abused children cannot develop a healthy level of self-esteem and are more likely to resort to violence in conflict situations than others.

POCKET MONEY

«Managing money has to be learned»

Children should learn how to manage and budget money. That is why it makes sense for your child to receive pocket money regularly. While it is important that pocket money should not be subject to conditions, it is also important that children and teenagers should be able to determine how they use their money. Therefore, avoid using pocket money as a means of exerting pressure, or more specifically, as a means of education. The money can be given weekly, bi-monthly or monthly depending on how it is managed.

Our recommendation:

- ▶ 1-4 grades CHF 1.00-4.00 per week
(according to the school year)
- ▶ 5-6 grades CHF 20.00-25.00 per month
- ▶ 7-8 grades CHF 25.00-35.00 per month
- ▶ 9-10 grades CHF 35.00-50.00 per month

From Grade 7 on:

Clothes and cell phone money, etc. can be given to the children in addition to their pocket money. Negotiate the amount with your child and decide on how it will be used.

Apprentice's Wages:

Teenagers who still live with their parents can contribute a share of their wages toward the household budget. The amount of money given should not exceed 1/3 of the apprentice's wages.

A youth salary is also very useful because it helps young people become acquainted with managing money. The term «youth salary» can be understood as the amount a young person needs for their way of life. It is also a means of enabling a teenager to take charge of their own responsibilities. The «youth salary» replaces pocket money in the area of education concerning money management. Experience has shown that the ideal time to give children responsibility for certain areas of their life is their 12th birthday, which means at the beginning of their 13th year.

HELPING IN THE HOUSEHOLD

«Reinforcing personal responsibility»

It is important for children and teenagers to have age-appropriate household jobs (chores). The easiest way to accomplish this is with a structured household plan that must be strictly followed.

Suitable jobs:

- ▶ Setting the table/Washing the dishes
- ▶ Cleaning the bathroom
- ▶ Vacuuming
- ▶ Cleaning the bike

NUTRITION AND EXERCISE

«Health and fitness – the basis for performance»

It is a must that your child has breakfast before going to kindergarten or school. Children and young people cannot retain information and perform on an «empty stomach.»

Nowadays, most of us know that a well-balanced and healthy diet is important for physical and psychological well-being. It is difficult for young people in particular to get pleasure out of eating the «right» food since it is exactly the unhealthy food which is considered to be cool. But nobody has to forgo it either.

In order for them to enjoy eating something unhealthy on occasion, the following tips are especially valid for them:

- ▶ Get some exercise, experience something: Life mostly happens outdoors, not in front of the TV, on the sofa or in front of the PC.
- ▶ Motivate your child to ride a bike to get from point A to point B. (Your child should wear a helmet.)
- ▶ Why not join a sports club?

SLEEP REQUIREMENTS

«Recharge your batteries and renew your energy»

Your child needs enough sleep for concentration and the ability to retain information. Children in pre-school age should also go to bed early (between 7.00pm and 8.00pm).

At the same time, it must be taken into account that sleep requirements can vary greatly from child to child. What is important is that your child arrives at school feeling rested and relaxed.

Avoid sending your child to bed as a «punishment» because going to bed will then be associated with negative feelings.



TELEVISION AND COMPUTER

«Dealing with on-screen media»

Smartphone, iPad, PlayStation, computers, televisions, etc. all count as on-screen media. Be informed about the devices being used, their content and possible applications, and make them a subject of discussion with your child. Computers, televisions, etc. do not belong in the bedroom and should be located where you have a better overview of your child's media consumption. Limit your child's media consumption and agree on age-appropriate amounts of time of media consumption together with your child.

Recommended guidelines per day are:

- ▶ Pre-school age: a maximum of ½ hour per day
- ▶ Elementary School (1-3 grades): ½ hour per day
- ▶ Elementary School (4-6 grades): 1 hour per day
- ▶ Junior High School/High School: 2 hours per day

- ▶ Parents should have access to all of their children's devices and should be in charge of their media consumption. The PC should be switched off when it is no longer in use and should not be left on standby.
- ▶ Decide together with your child which films, games and activities can be watched or used. Always pay attention to the suitable age recommendations provided by the manufacturer. Check what your child is watching on TV or what they are doing on the computer by making spot checks.
- ▶ Television and computers are free-time activities: Make an agreement with your child under which conditions the media consumption can take place, e.g. once the homework or household tasks have been completed. The devices should not be used in the morning or at lunchtime. Address the subject of media consumption and work out good habits together.



SMARTPHONE

«Turn it off once in a while»

Nowadays, life without a cell phone in everyday use is unimaginable. It is not necessary, however, for your child to have a cell phone before age 12. Children do not need a cell phone during school and, in some cases, it is not allowed to have one.

It is important for young people to learn how to deal with using smartphones. In the event that you contribute towards the monthly costs, it is recommended that you stipulate a service in return, such as age-appropriate help in the household. Define the cell phone free periods, for example, during meals, bedtime and during school.

Speak to your child about content which is not G-rated (i.e. pornography, violent images and online gaming sites). Even if these are blocked or disabled on your child's device, your child could gain access to such

content at a friend's. From time to time, check the data (films, photos, apps) that is saved on your child's cell phone together with your child.

Have your child explain the functions to you. From a legal perspective, the possession, production and distribution of depictions of violence and pornography amongst minors under the age of 16 is forbidden. Your child is guilty of an offence under Swiss federal law if he or she emails or sends such content on a cell phone.



RULES OF BEHAVIOR ON THE INTERNET

«Media competence»

The internet and social media offer great entertainment value, but at the same time also harbour dangers. The Internet is not, however, a legal vacuum. Caution should be exercised with regard to chats, pictures, videos and cybermobbing.

Once personal data is posted on the Internet, there is no more control over it. Complete removal from the Internet is practically impossible, since the data is often already on someone else's computer within a short time or saved on a search engine. Such data and photographs can reappear years later.

Important points in dealing with the Internet:

- ▶ Never disclose names, addresses, telephone numbers and email addresses to strangers.
- ▶ Be informed about child protection software (filter programs, blocked pages) on the Internet.
- ▶ Instagram and TikTok are only allowed from age 13. Internet acquaintances are not always who they say they are.
- ▶ Is your child fair and do they behave in a manner in which they would like to be treated? Be informed about comments and photographs your child has put on the Internet. If something unpleasant happens on the Internet or if your child is harassed, it is important to talk about it.



GOING OUT

«The constant bone of contention»

Young people want to have different experiences; at parties, with friends and preferably until late at night. For those still in school, going out during the week is the exception. Club events and other organized events can be exceptions to the rule. Young people should have the opportunity to learn how to use their free time and freedom responsibly.

The following points should be clarified before they go out:

- ▶ Who is organizing the event?
With whom are you going out?
What are you going to do there?
- ▶ Possibility to contact the teenagers, parents and the group (request telephone numbers of friends and acquaintances).
- ▶ When are you coming back? (Clarify how the teenager is getting back home)

The following times to return home are recommended:

Age	Sun-Thu	Fri and Sat
▶ Kindergarten	5.00pm	accompanied
▶ Elementary	6.00pm	accompanied
▶ Junior High	7.30pm	accompanied
▶ HS (first year)	1x 9.00pm	until 9.00pm
▶ HS (second year)	2x 9.30pm	until 10.00pm
▶ HS (third year)	2x10.00pm	by 11.00pm
▶ Up to age 18	2x10.00pm	by midnight

Aspects such as reliability and punctuality should be taken into consideration with regard to fixing the times as well. The season can also play a role in determining the times (for example, in summer until 9.30pm but in winter until 9.00pm).

Do not hesitate to get in contact with other parents («All the others can, but I can't») in order to come to a mutual understanding about certain points that affect your children.

PUBERTY AND SEXUALITY

«Just be different»

During puberty, which occurs between the ages of 11 and 18, certain nerve cells become active in the brain, and enormous physical and psychological changes take place: Hair grows in unaccustomed places, figures change and the emotional state is like a roller coaster. Between still being a child and already beginning to feel a little bit like an adult, those going through puberty ask themselves: «Is everything normal with me?» As their sexual maturity develops, girls and boys now feel sexual impulses more often and more intensely. They become preoccupied with their appearance and long for their first experiences with kissing and tenderness.

Puberty brings in its wake really drastic changes in the parent-child relationship; changes which are emotional for both. On the one hand, parents and children have to let go of each other which can result in pain, arguments and worry. On the other hand, girls and boys going through puberty still need their parents to give them loving support in their transition to becoming adults. Along with friends, you as a parent remain an important person to consult not only in daily life but also about topics concerning the body, relationships or sexuality. You know your child and will notice quickly if something is not right or if questions remain unanswered.

It is possible that your teenager finds your explanations embarrassing or redundant. This is a normal step in the direction of becoming independent. You are more of a help when you remain in the background, give tips for Internet websites or help with ordering brochures. As important as discussions about one's body, a relationship or sexuality are, children learn a lot without being told. Mothers and fathers are role models in many respects because they behave in a certain way. For example, it is interesting to see how parents deal with their physical «problem zones» without obsessing about the ideals of beauty and obsession with remaining young.



ALCOHOL, TOBACCO AND CANNABIS

«What to do about addictive substances»

Alcohol and tobacco are omnipresent in our society: in commercials and advertisements, in contact with other teenagers, in the adult world, and in the family. The way your child perceives these substances and the people who use them, and how young people develop an attitude about them also depends on you.

- ▶ Set an example on how to use substances in a responsible way.
- ▶ Try to broach the subject about these topics with your child in an environment of trust and open communication. Be informed about addictive substances and clearly state your position. Speak to your child about the effects of addictive substances.
- ▶ The law forbids selling and providing youths with alcohol and tobacco (incl. e-cigarettes and e-shishas) under the age of 16. Spirits, aperitifs and alcopops are only allowed from age 18. Do not buy alcohol for your child and do not request your child to purchase it for you.

- ▶ There is a connection between the consumption of cannabis and psychological and physical risks. Take a clear standpoint. You should neither tolerate nor support the consumption of these substances.
- ▶ If you are concerned about your child's consumption of addictive substances, do not wait to contact a regional advisory service (BTS Sonnenhügel, Social Services, School Social Work, etc.).



PEER PRESSURE

«About wanting to belong»

The proverb «Birds of a feather flock together» often applies to the formation of groups among children and teenagers. Most teenagers in a clique or «gang» (group of friends) share the same values, likes and dislikes, and hobbies.

Parents first have to understand that the formation of groups is something natural. Group experiences are of great importance in the development of your child. It is very important for teenagers to be accepted by their friends, even more so than by their parents. Young adults want to be the same as other members of the group. This is called «chameleon-behavior».

Do not regard the group as a rival. Teenagers lacking self-confidence tend to join groups that can have an adverse effect on their development. They can feel important and accepted as part of that group. It is vital that you accentuate the positive characteristics of your child and strengthen their self-confidence. If teenagers feel comfortable with themselves, they are not so easily influenced in a negative way.

MOBBING

«I can be the way I am»

Mobbing is when children and teenagers are harassed by others continually and over a long period of time. Mobbing is a form of physical and psychological abuse that should not be tolerated under any circumstances!

A child can be a victim of mobbing if the following situations or symptoms arise:

- ▶ The child or teenager does not want to go to school anymore.
- ▶ His or her performance in school worsens considerably.
- ▶ He or she is often ill, complains of stomachache.
- ▶ He or she loses personal belongings or takes school material home which is damaged.
- ▶ He or she has no or very few school friends.
- ▶ He or she puts himself/herself down.
- ▶ He or she suffers from eating disorders, sleep disorders.
- ▶ He or she has injuries or bruises.

It can be difficult for parents to recognize mobbing. Parents are often at a loss when their child is being mobbed. Children feel it is their own fault and withdraw more and more. Talk to your child about his or her worries and concerns and take your child seriously.

- ▶ Support and trust your child. Believe what your child says, be sure to get help and react.
- ▶ Do not accuse your child or make your child feel guilty.
- ▶ Do not accept mobbing. Not reacting to it means accepting it!
- ▶ Get support (e.g. from the teacher, School Social Work, coach) and be informed about the incidents.
- ▶ Avoid confronting the parents of the offender prematurely.

- ▶ Every individual has the right to be accepted the way he or she is. Encourage your child to treat others the way he or she would like to be treated. Everybody does not have to be a friend or be considered nice, but everyone has to be treated with respect and tolerance. Fighting mobbing means being a role model!

Children have to learn to say «no» if other children do not respect the limits. Talking about potential mobbing situations in school or in one's free time does not have anything to do with telling on somebody. It is a sign of strength and courage to stand up for a victim.



YOUTH PROTECTION

«Looking closely, broach the subject»

Conspicuous behavior can be a sign of a problem or danger. Show your son or daughter that you are there for them. Keep the channels of communication open with your child. Be informed about unusual behavior and symptoms and get into contact with School Social Work, a teacher or person in charge of apprentices, organizations who work with young people or appropriate advisory services.

Children and teenagers from age 11 on can be held legally responsible for misconduct according to Art. 3 §1 JuSTG. Parents are under obligation to look after the wellbeing of their children according to Art. 296, §1 ZGB, Art. 301 §1 and §2 ZGB. Various advisory services in the canton of Glarus are available for any questions you may have. School Social Work will gladly provide you with information.



LETTING GO IN A HEALTHY MANNER

«There are two things children should
get from their parents: roots and wings.» J. W. von Goethe

The time to let go is in high school. Teenagers want to be more involved in decision-making as they get older. You as parents can, for example, work out rules together with teenagers in order to give them more responsibility. Structures in the form of parameters established by the parents are essential. Teenagers still need stability and emotional comfort.

It is about finding middle ground between monitoring and permissiveness. Letting go also means encouraging a teenager to go his or her own way, accepting responsibility and at the same time, still giving the child support.

The basic prerequisite for applying all of the rules is a relationship based on trust between the parents and their children. This can be reinforced by doing activities together and sharing interests, and is the basis for «successful» upbringing. The negotiation of rules should be achieved together, whenever possible, while taking all interests into consideration. This requires time and the readiness to compromise on the part of the children as well as the parents.

SCHOOL SOCIAL WORK IN THE CANTON OF GLARUS

School Social Work, which is abbreviated as SSA (Schulsozialarbeit) and available throughout the canton of Glarus, is regularly present in most of the schools and also in smaller schools upon request.

Children and teenagers are the focus of School Social Work in all educational units (kindergarten, elementary and the first level of high school). Teachers, legal guardians, authorities or specialist departments as well as those working in the school environment are also entitled to use the services of SSA.

SSA with its range of services operates independently of teachers and the principal. Consultations are voluntary, remain anonymous and are free of charge. Should you have any questions or if you are simply curious, specialists at SSA will be pleased to hear from you. You will find the contact address of the person responsible in your school in this brochure.

School Social Work for parents/legal guardians:

- ▶ Brief consultations: School Social Work can be helpful when you are looking for professional and free of charge advice for your children. School Social Work is also there for you in other difficult situations in life.
- ▶ SSA circulates information about advisory services and support services.

School Social Work for Children/Teenagers:

- ▶ Counselling for personal, social and/or family problems. Counselling available on an individual, family or group basis; counselling often arises due to low-threshold contacts but also upon request by teachers or legal guardians.

School Social Work for the school, teaching staff and school administration:

- ▶ Early detection and early intervention in cases of endangerment and problems.

- ▶ Preventative measures and projects, for example, current issues about social behavior, conflict management, sexual identity and questions about one's (ethnic) background; assistance in transitions (e.g. from elementary to secondary school or grammar school).
- ▶ Collaboration and involvement in selected projects in school.

Interventions:

- ▶ Mediation in conflicts between boys and girls.
- ▶ Mediation in classrooms for crises and conflict situations upon request and in consultation with teachers or the school administration.
- ▶ Brief consultation with teaching staff, school administration and authorities concerning social issues and questions about education.
- ▶ Intervention involving boys and girls in crisis situations calling for immediate action, and if necessary, triage at advisory services or as the case may be, taking more adequate measures.



PODCASTS



Scan the QR code with your smartphone. This will take you to further useful information for parents, children and young people.

CONTACT POINTS

School Social Work www.gl.ch/schulsozialarbeit

Help for teenagers www.tschau.ch
www.147.ch
www.selbstsicherheit.ch

Help for parents www.elternnotruf.ch
www.projuventute.ch
www.elternbildung.ch

Help in how to deal with the Internet

www.medienundschule.ch
www.jugendundmedien.ch

Help on the subject of sexuality

www.lustundfrust.ch
www.castagna-zh.ch
www.lilli.ch
www.bts-glarus.ch

Help on the subject of addiction

www.bts-glarus.ch
www.mamatrinkt.ch
www.papatrinkt.ch

Help on the subject of money and debts

www.budgetberatung.ch
www.sbgf.ch
www.schulden.ch

Help on the subject of violence

Adults Tel.143
Kids + Teenagers Tel.147
Victim Counseling Center
Tel. 055 646 67 36





