



# The High School Environment

## Things to Look at When Assessing Your Teen's School

### The School

Is the school a welcoming positive environment in general and specifically for your teen?

Does the principal or staff have any knowledge about ADHD?

Does your teen feel comfortable in the school?

How do other students treat students with impairments? What sort of messages does the school share about this? How does the school deal with issues around this?

Is there any apparent bullying or teasing occurring? Does the school have a policy about this?

Do the school's structure and routines fit your adolescent's profile or are there specific issues and roadblocks that are causing unnecessary distress? Can adaptations or accommodations be put in place to alleviate that stress?

Are there any activities that might fit your teen's interest? Would these groups encourage good social interaction and modeling?

### The Classroom

Are the classrooms welcoming, a positive environment in general and specifically for your teen?

Are the classrooms structured and organized?

Are there distractions that can be removed?

Where does the adolescent sit in the classroom?

Are there external reminders being used in the classroom?

Are there any accommodations currently being implemented for other students?

Do students have an option to leave the classroom and move to a quiet, less distracting environment, or a safe place?

## **Teachers**

How do the teachers deal with classroom management? How might this be impacting your teen?

Do the teachers seem to understand ADHD as a medical impairment?

Do the teachers understand EF impairments?

Do the teachers teach in an interesting engaging style, using several modalities?

Is an explanation, when required, reworded or simply repeated?

Are specific teaching strategies used for certain students?

Are general beneficial teaching strategies such as chunking, time management and redirection used for the entire class?

After work assignments are given does the teacher move around the classroom ensuring students understood the instructions and assisting students with the assignment?

Is the teacher proactive or reactive?