

## **The Power of Participation (1:00)**

Are you worried how 2020 has impacted your teen's social development? We are too. Want to know what might help? Participating in the performing arts in high school. It's been hard being a teenager recently. Hard to cope, hard to keep up, hard not to feel like you're missing out. Everything's different and nobody knows what's next.

Encouraging your son or daughter to participate in performing arts can really help. Those are high school activities like band, orchestra, choir, theater, speech, and debate. They'll make new friends, develop confidence, and feel the satisfaction of being part of a team. Participation in the performing arts aren't a cure-all and they certainly won't make the pandemic go away, but they will make the teenagers in your family feel like they're part of something special.

This message presented by the NFHS and the South Dakota High School Activities Association.