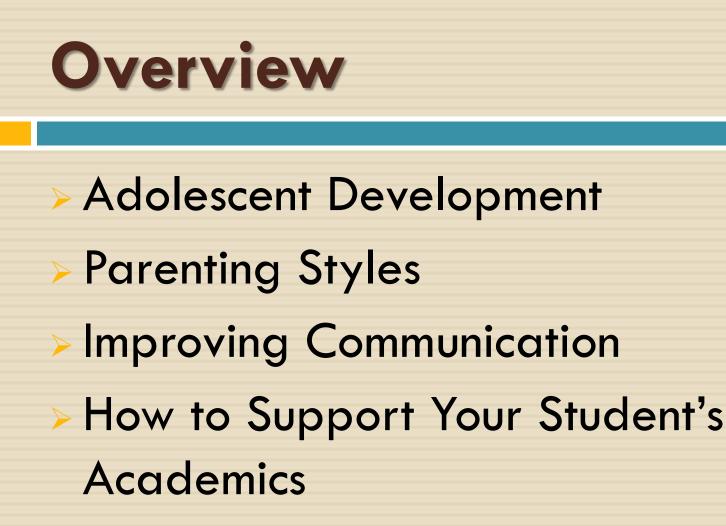


Parenting: The Adolescent Years



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Pair/Share

The Basics of Adolescence

- The "teen years": 12 to 20 years
- Kids are caught between two world <u>Childhood</u> and <u>Adulthood</u>. Status is sometimes "undefined" (sometimes treated like children, sometimes like adults).
- A time of rapid changes in the body = PUBERTY
 - Intense emotions
 - Attitude and values clarification
 - Intellectual growth
 - Changes in relationships with parents and peers
 - Increased freedom, responsibility, and decision-making



Emotional Development

- Connected to Hormonal Changes
- Change in Self-Perception
- Desire to understand self
- Greater need for INDEPENDENCE
- Anxiety about growing up (feeling both excited and fearful)



- Impulsive Behavior: Temper outbursts, "moodiness" and "wild actions"
- Sexual feelings intensify

Social Development

- Rejection of dependency on parents and asserting one's ability to make it their own.
- Increased desire to spend time with peers. Challenged by peer pressure.
- Teens see themselves relative to crowds (Where do I fit in?)
- Desire for intimacy with others
- Change in relationship with family



What's REALLY Happening?

Teenagers want and need:

- A sense of privacy
- Freedom to express a new and different point of view
- Social connections
- Independence: Space to make mistakes

Resulting Behaviors may be:

- Sensitivity, Isolation
- Criticism
- Rejection of values
 - and parental efforts
- Deception
- Defiance

Parenting Styles

>The Controlling Parent **>The Permissive Parent** >The Overprotective Parent >The Neglectful Parent The Kind and Firm Parent

Controlling Parent

- > Lectures, rewards and punishes
- > Authoritarian, rigid rules
- Children learn not to get caught, to manipulate; develop anger and resentment



- Parent is responsible; child doesn't have opportunity to learn responsibly
- > Tries to control but doesn't show support

Permissive Parent

- Wants to be child's friend
- Parent wants to "look good"
- Child learns to be self-centered and materialistic
- Child has sense of false entitlement
 Does not teach good character
 values

Overprotective Parent

- >The "helicopter" parent who hovers
- Tries to micromanage child
- Wants to rescue child from life's lessons



Child expects to be taken care of, remains dependent on parent

Neglectful Parent

>Has given up being a parent >Abandons child > Focuses on own needs, not child's Child learns he/she is unlovable and unimportant

Kind and Firm Parent

- > Teaches respect and responsibility
- Sets limits but shows empathy and understanding
- Child learns from mistakes with freedom come responsibility
- Empowers child with life skills
- Focuses on long-term results not short-term fixes

Pair/Share

Discuss with a partner a parenting strategy that has been successful for you.

Communication

- Take an active interest in your teen's everyday livesfriends, activities and opinions
- Clearly express your rules, expectations, and values (sex, money, religion, etc.). Try not to lecture or criticize
- Listen: look and act interested; avoid distractions and listen without interrupting
- Discuss choices and decision-making (focus on causeeffect versus advising)
- Give genuine and specific praise
- > Be aware of the importance of timing

Getting your student on your team

- Tackle only one or two problems at a time (prioritize)/Pick your battles!
- Don't act or talk when angry
- Ask yourself, are you focusing on teaching long-term life skills or trying to control?
- Decide together on what the consequences will be when rules are broken
- Be consistent in following through
- > Hold your student accountable
- Don't threaten to do something you can't or won't do
 - do everything you say you will do

Parent's Role in Creating Student Success in School

- Check Jupitergrades weekly (give and praise and /or discuss areas for improvement)
- Have names, emails and phone numbers of all teachers/counselor
- Establish a mechanism for you student to record homework each day.
- Keep a monthly calendar of project due dates and exams dates
- Establish a window of time for homework /study each day of the week (1-2 hours)
- Create an environment for study that is quiet without distractions
- Computer should be located in open areas like the family room



Some Final Thoughts

Communicate and stay connected >Build on your student's strengths > Try not to take things personally >Be a model > Take care of yourself > Ask for help

Adolescence is not a problem to be solved, it is an experience to be lived

