



# Parenting: The Adolescent Years

## Hilltop Middle School

Counselors: Ms. Mojica, Ms. Ortiz, and Ms. Santana



# Overview

- Adolescent Development
- Parenting Styles
- Improving Communication
- How to Support Your Student's Academics
- Pair/Share

# The Basics of Adolescence

- The “teen years”: 12 to 20 years
- Kids are caught between two world – Childhood and Adulthood. 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 lives-friends, 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 cause-effect 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

# Questions???

