

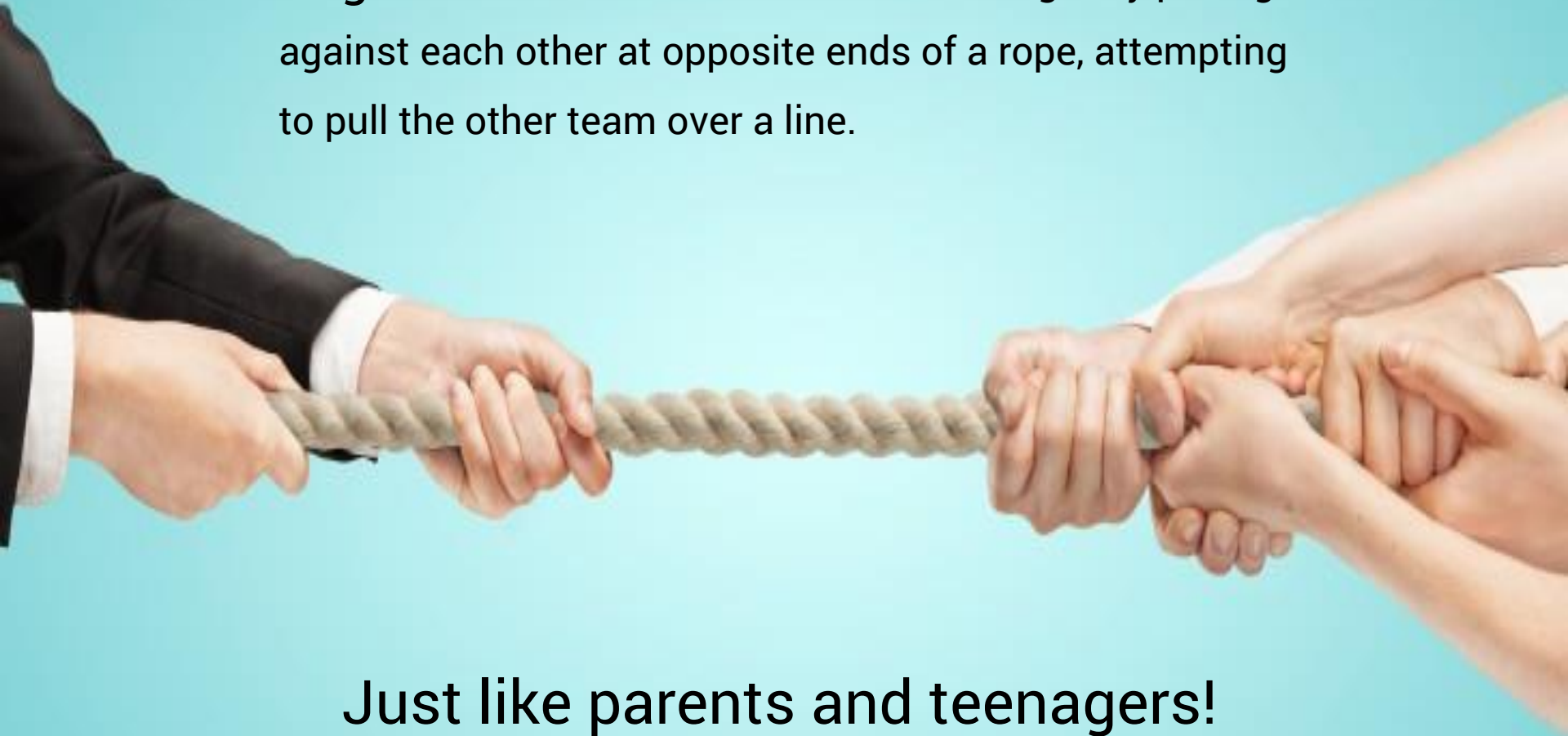


Pushing and Pulling Our Kids to Succeed



Allene Byroad
Student Assistance Coordinator - FISD

Tug-of-war: two teams show their strength by pulling against each other at opposite ends of a rope, attempting to pull the other team over a line.



Just like parents and teenagers!

What are the “forces” at work in your family tug-of-war?



- Grades
- Anxiety/stress
- Friends
- College
- Career
- Relationships
- Substances
- Curfew
- Social Media
- Habits/hobbies
- ?

“Tug-of-War” when we were kids . . .



“While we all hope that our children will do well in school, we hope with even greater fervor that they will do well in life.”

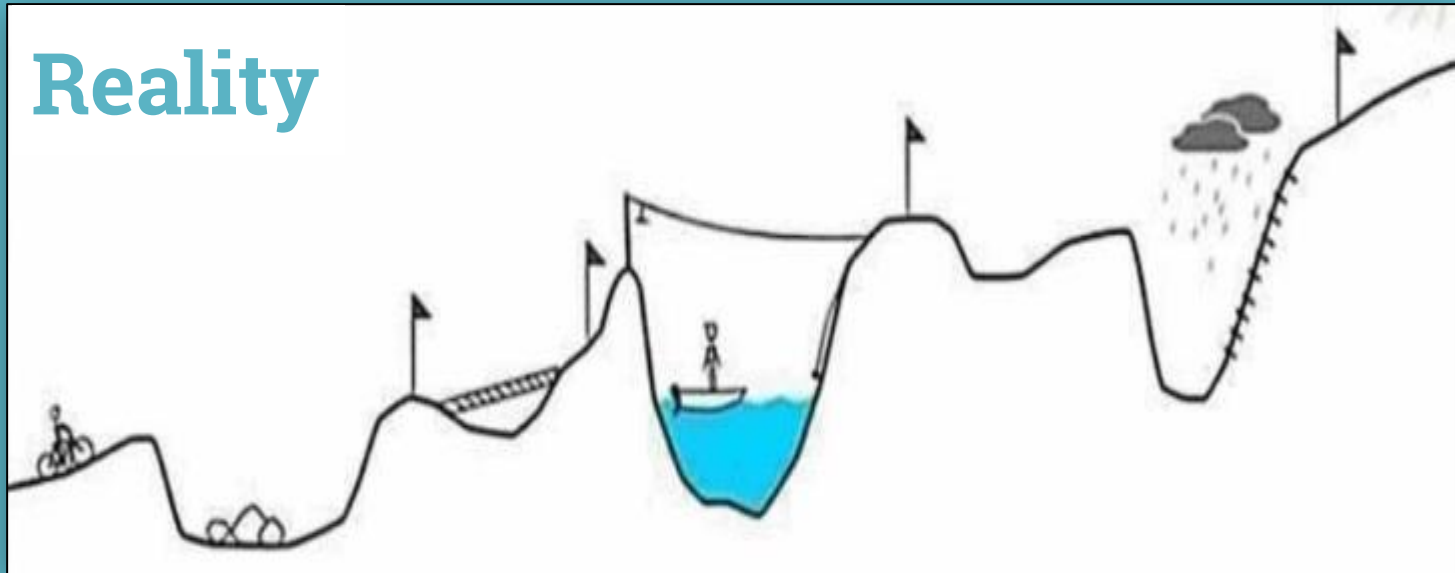
“Our job is to help them know and appreciate themselves deeply, to be resilient in the face of adversity, to approach the world with zest, to find work that is satisfying, friends and spouses who are loving and loyal, and to hold a deep belief that they have something meaningful to contribute to the world.”

Dr. Madeline Levine, author of The Price of Privilege

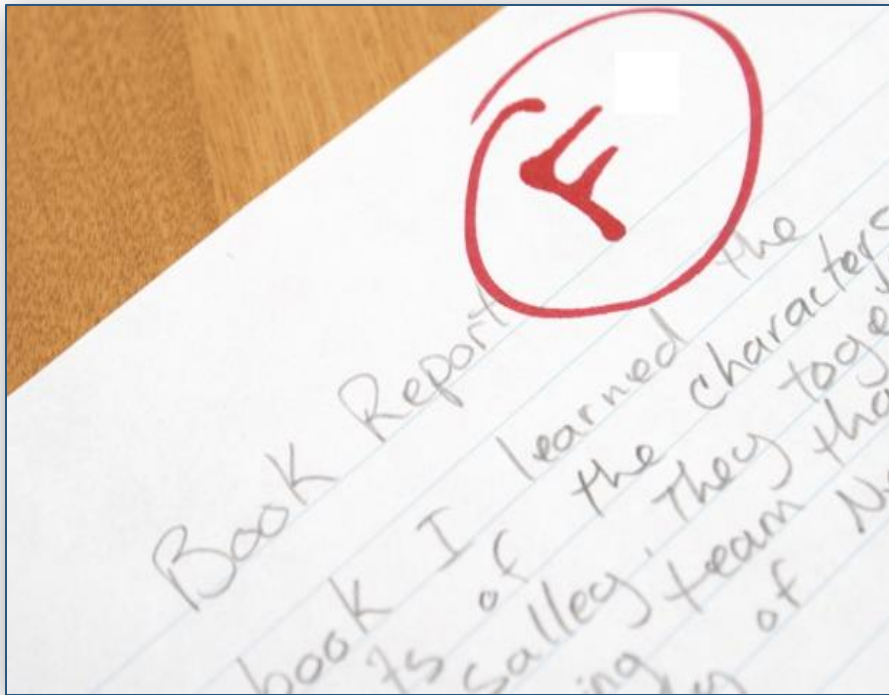
Your Plan



Reality



Supporting vs. Intervening



[Video](#)

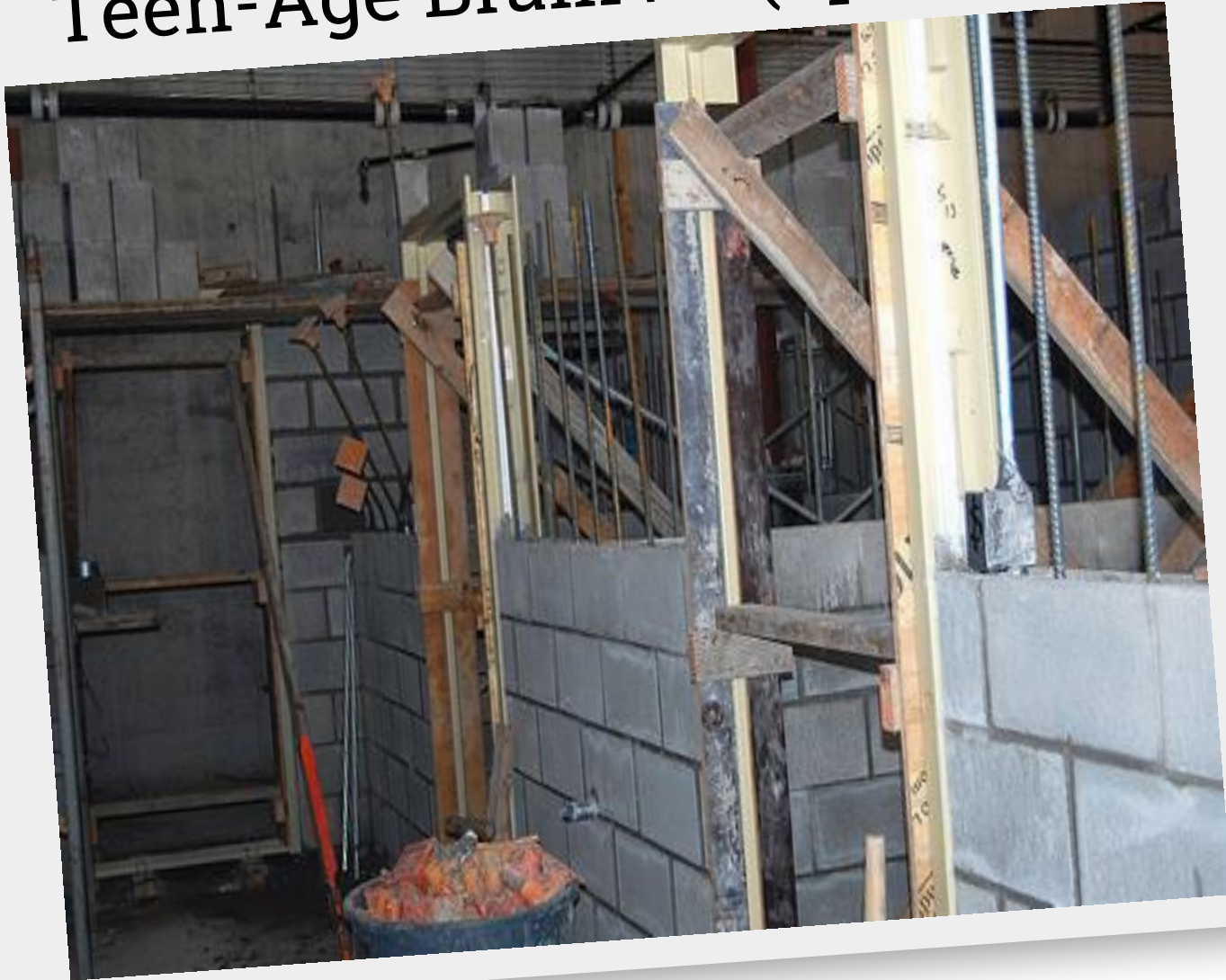
“If we want to raise young adults who know how to solve problems, we must let them have problems to solve while they are still adolescents.”

Dr. Wendy Mogel, [The Blessing of a Skinned Knee](#)

Teen-Age Brain . . . (downstairs)



Teen-Age Brain . . . (upstairs)

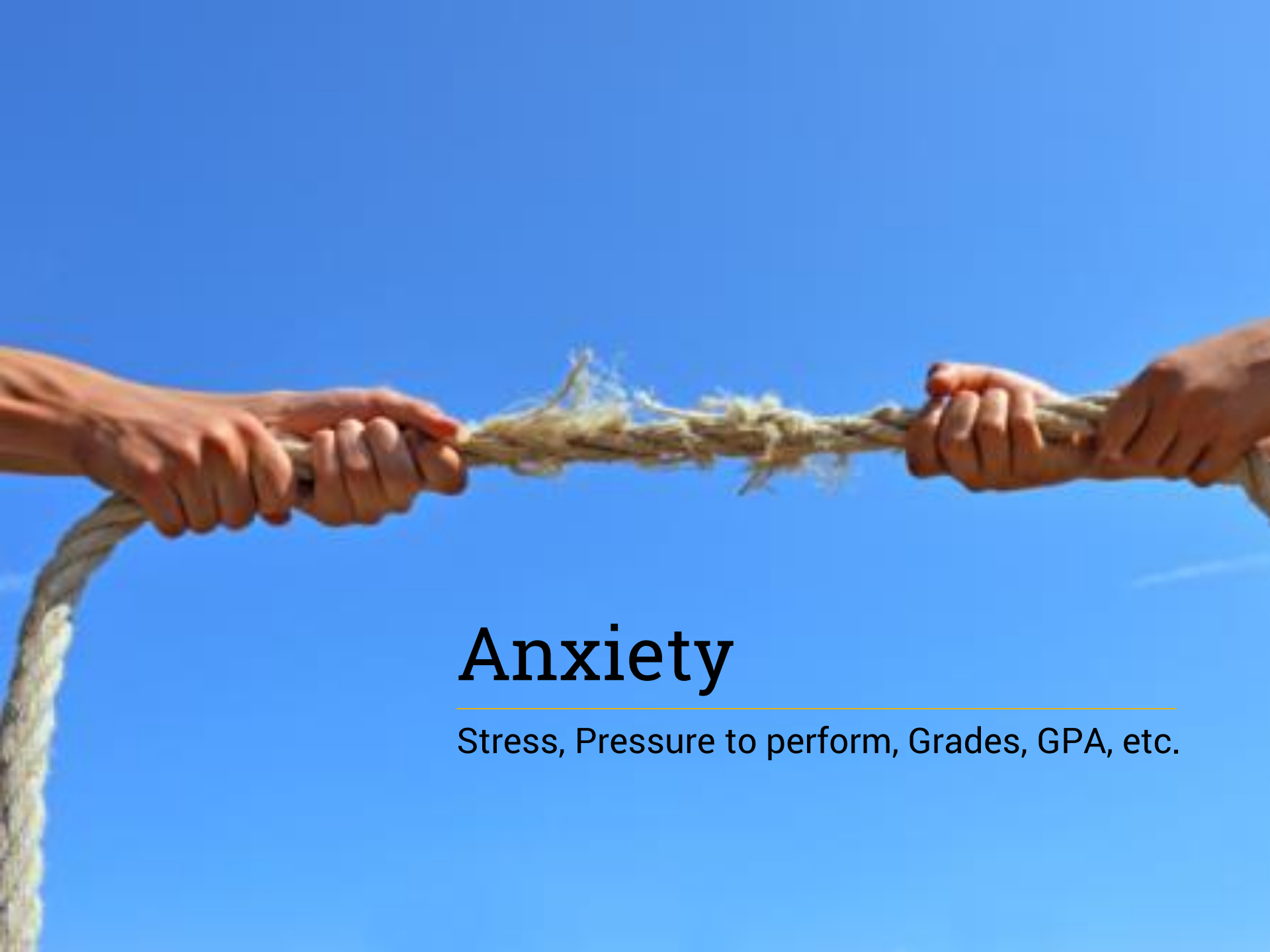




The Parent Brain . . . (caretaker)



The Parent Brain . . . (consultant)



Anxiety

Stress, Pressure to perform, Grades, GPA, etc.

Prevalence of Mental Health Disorders in Youth

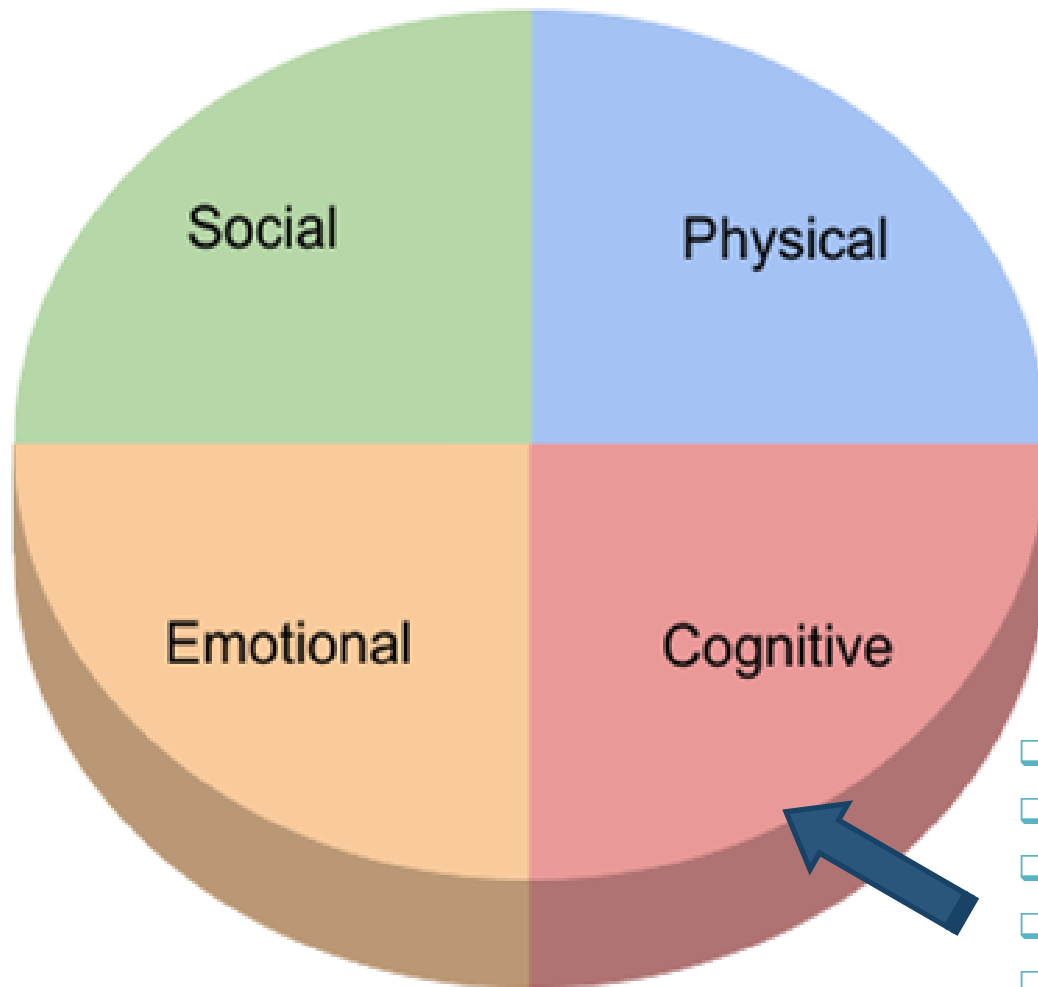
According to the CDC:

46% of children ages 13-18 will be diagnosed with a mental health disorder.

14% of children will be diagnosed with a mood disorder.

25% of children will be diagnosed with an anxiety disorder.

A Healthy Sense of Self



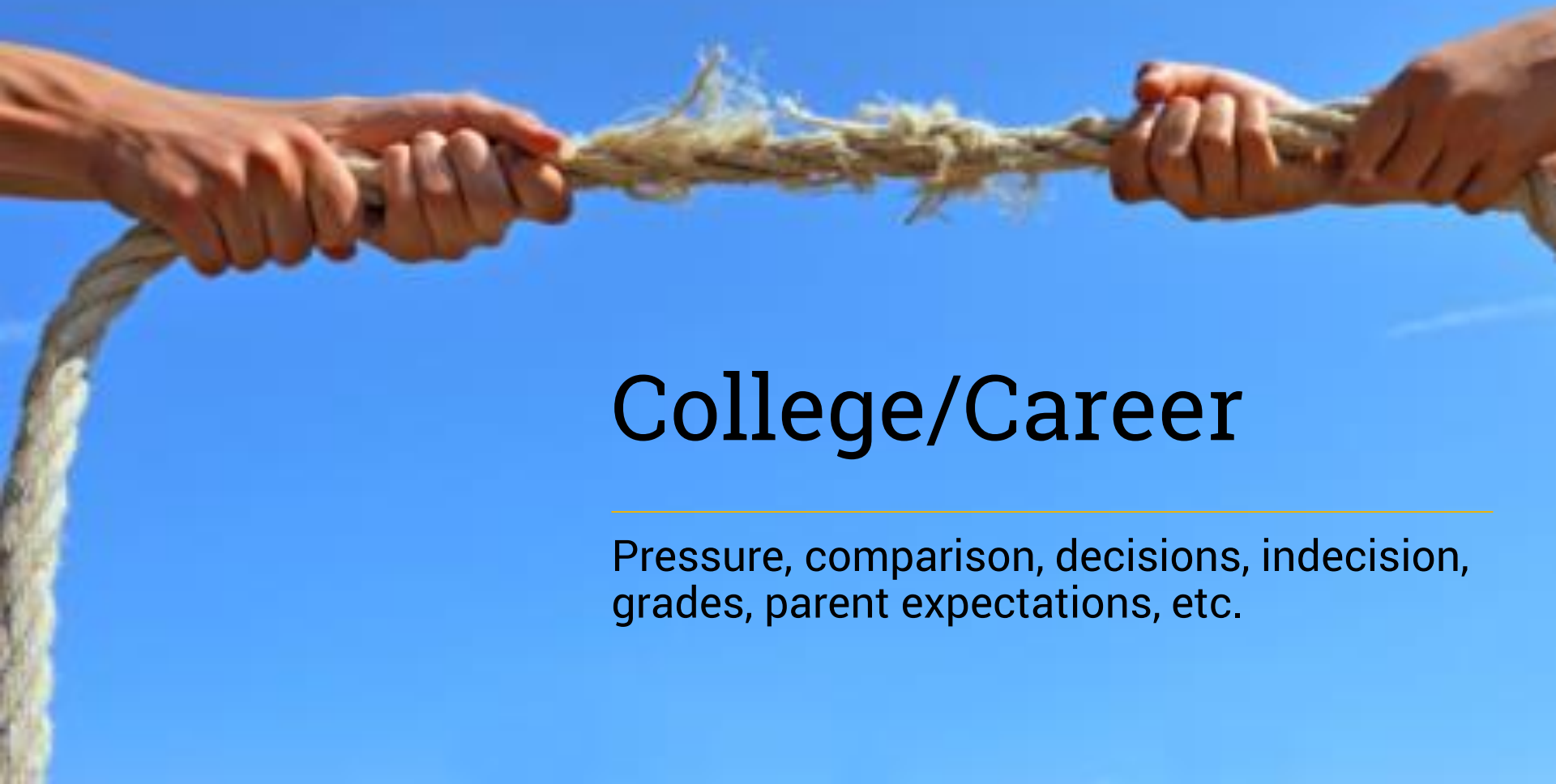
- Memory
- Reasoning
- Language
- Thinking
- Problem-solving

Be a Consultant

- **Focus on Process over Product**

- Encourages love of learning
- Open-ended conversation about learning, rather than focusing on the end result

- You've worked diligently on this assignment, even when it was hard.
- What part of this project came easily? What part has been more difficult?
- You didn't get the grade you wanted, tell me about how you prepared.
- You've been practicing a lot for your performance!
- How can I help you? What do you need from me that works for both of us?



College/Career

Pressure, comparison, decisions, indecision, grades, parent expectations, etc.

Be a Consultant



Be a Consultant

Our Standards vs. “Theirs”

- ❑ Who are “**they**?”
- ❑ Is this what I want?
- ❑ What is my motivation?
- ❑ When does my child get a say?

Society is funny.

They ask you to be
yourself and yet they
judge you.





Relationships

Dating, friends, curfews, etc.

DATING ABUSE

Dating abuse is a controlling behavior in which a partner uses to gain power over the other partner.

3 main types

PHYSICAL

1 IN 11

EMOTIONAL

1 IN 5

SEXUALLY

1 IN 3



80%

of girls who have been abused keep dating their

abuser.



1 in 4

teens who have been in a serious relationship say that they have been pressured to only spend time with their partner.

LACK OF AWARENESS

ONLY
67%

of adolescents who were abused in a relationship tell someone



81%

of parents believe teen dating abuse is not an issue



80%

of teens believe teen dating abuse is a serious issue

FEBRUARY is national TEEN DATING ABUSE awareness month.

SOURCES

<http://www.campusafetymagazine.com/Channel/PublicSafety/Articles/2012/12/Dating-Abuse-Statistics.aspx>

<http://www.lovelaquest.org/love-abuse/dating-violence-statistics>

<http://www.doesmatters.org/issues/dating-abuse>

<http://teenteen.org/dating-abuse>

<http://www.merriam-webster.com/dictionary/dating+abuse/TeenDatingAbuse.htm>

http://www.futurewithoutviolence.org/userfiles/files/TeensTeens_Sept_08_FINAL.pdf

Be a Consultant

The Relationship Spectrum

Relationships can range from healthy to abusive, and some relationships may be unhealthy, but not abusive. Here's a breakdown of the relationship spectrum:

A Healthy Relationship	An Unhealthy Relationship	An Abusive Relationship
<p>A healthy relationship means that both you and your partner are...</p> <p>1) Communicating You talk openly about problems without shouting or yelling. You listen to one another, hear each other out, respect each other's opinions, and are willing to compromise.</p> <p>2) Respectful You value each other as you are. Culture, beliefs, opinions and boundaries are valued. You treat each other in a way that demonstrates the high esteem you hold for one another.</p> <p>3) Trusting You both trust each other, and the trust has been earned.</p> <p>4) Honest You are both honest with each other but can still choose to keep certain things private. For example, you both know that it is important to be honest about things that affect or involve the relationship and still know that it is also o.k. to keep certain things private.</p> <p>5) Equal You make decisions together and you hold each other to the same standards.</p> <p>6) Enjoy Personal Space You both enjoy spending time apart and respect when one of you voices a need for space.</p>	<p>An unhealthy relationship starts when just one of you...</p> <p>1) Not communicating Problems are not talked about at all. You don't listen to each other or try to compromise.</p> <p>2) Disrespectful One or both partners are inconsiderate toward the other. One or both partners don't treat each other in a way that shows they care.</p> <p>3) Not trusting There is suspicion that your partner is doing things behind your back, or your partner is suspicious of your loyalty without any reason.</p> <p>4) Dishonest One or both partners are telling lies to each other.</p> <p>5) Trying to take control One or both partners sees their desires or decisions as more important. One partner is or both partners are focused only on getting their own way.</p> <p>6) Feeling smothered or forgetting to spend time with others So much time is spent together that one partner is beginning to feel uncomfortable. Or sometimes both partners spend so much time together that they ignore friends, family or other things that used to be important to them.</p>	<p>An abusive relationship starts when just one of you...</p> <p>1) Communicates abusively During disagreements there is screaming, cursing, or threatening, or these things happen even when there is no argument. A partner is demeaning or insulting toward the other.</p> <p>2) Is disrespectful through abuse A partner intentionally and continuously disregards your feelings and physical safety.</p> <p>3) Falsely accuses the other of flirting or cheating A partner suspects flirting or cheating without reason and accuses the other, often harming their partner verbally or physically as a result.</p> <p>4) Doesn't take responsibility for the abuse The violent or verbally abusive partner denies or minimizes their actions. They try to blame the other for the harm they're doing.</p> <p>5) Controls the other partner There is no equality in the relationship. What one partner says goes, and if the other partner tries to change this there is increased abuse.</p> <p>6) Isolates the other partner One partner controls where the other one goes, who the other partner sees and talks to. The other partner has no personal space and is often isolated from other people altogether.</p>

Instructions: Give an example from real life or make up a story about a couple in one of these relationships where all six of the traits are mentioned in your story.

- Teach them these!
- Role model as much as possible.
- Have frequent conversations.
- Know your child's friends and families.
- It is your business – it is your child's safety and security!

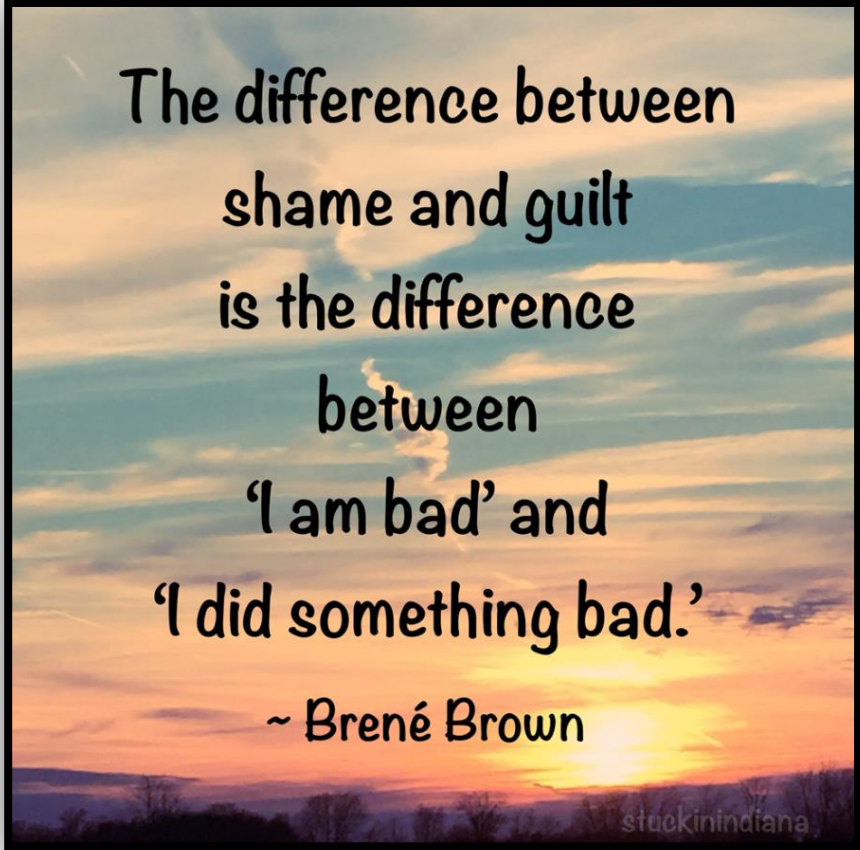


Connection . . . the key to winning!

A New Way to Play . . .

Maintaining relationship vs. winning the battle!

- ❑ Set your own family standards.
- ❑ Establish family ground rules that every member can follow.
- ❑ Consequences are clear and enforceable
- ❑ Time is your friend – thoughtful decisions
- ❑ Conversations and time = \$ in the bank
- ❑ Listen first to understand; speak second to parent.
- ❑ Practice vulnerability – the bravest thing we can do.
- ❑ No shame allowed.
- ❑ Ask for help/support.

A quote by Brené Brown is displayed in a black-bordered box. The background of the box is a photograph of a sunset over a landscape with trees and hills. The text is centered and reads: "The difference between shame and guilt is the difference between 'I am bad' and 'I did something bad.'"

The difference between
shame and guilt
is the difference
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~ Brené Brown



Thank you!