

# THE ART OF PARENTING TEENS

Just In Time Training  
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## WHAT DID U HEAR???

### PARENTING TEENS

*BEGIN WITH YOUR PERCEPTIONS:* The way you \_\_\_\_\_ them is the way you'll \_\_\_\_\_ them...the way you \_\_\_\_\_ them is the way they will

### *PARENT'S MYTHS ABOUT TEENS...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

*Hear their HEARTS...make the CONNECTION!*

### **7 THINGS TEENS ARE LOOKING FOR...**

- |          |          |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ |          |

### **3 KEYS TO PARENTING TEENS...**

TEENS ARE TOO OLD TO DO WHAT KIDS DO...NOT OLD ENOUGH TO DO WHAT ADULTS DO...THEREFORE THEY DO WHAT NO ONE ELSE DOES ~Michael Sanders

1. \_\_\_\_\_

**What impacts this???** \_\_\_\_\_

**Before U can understand a teen on the OUTSIDE, U must first understand them from the INSIDE!!!** ~Michael Sanders

**WHAT WILL YOU DO???** \_\_\_\_\_

2. \_\_\_\_\_

*Take a trip back down memory lane ~Minnie Ripperton*

**WHAT WILL YOU DO???** \_\_\_\_\_

3. \_\_\_\_\_

These are essential, **EVERYTHING** else is a derivative!!!

1) \_\_\_\_\_

5) \_\_\_\_\_

2) \_\_\_\_\_

6) \_\_\_\_\_

3) \_\_\_\_\_

7) \_\_\_\_\_

4) \_\_\_\_\_

**WHAT WILL YOU DO???** \_\_\_\_\_

# Dealing with Development

## *PHYSICAL*

- Be sensitive & affirming as the teen's body changes
- Offer teen your perspective on the changes
- Understand their sexuality
- Communicate openly

## *SOCIAL*

- Don't allow your self-image to hinge on how teens treat U
- Assure teens they are loved
- Find opportunities to teach teens about friendships
- Encourage teens involvement with other adults

## *INTELLECTUAL*

- Challenge teens to reflect on issues which U do not agree
- Encourage discussion, be sure to listen BEFORE offering advice
- Treat teens as an adult whose opinions U value
- Increase role in decision-making process

## *EMOTIONAL*

- Treat teens emotions as important
- Ensure U are stable & secure
- Look for & emphasize the teen's positive qualities
- Don't take rejection personally

# MY GENERATION

*As a teen...*

- ✓ My favorite music was \_\_\_\_\_
- ✓ My favorite song was \_\_\_\_\_
- ✓ My favorite artist was \_\_\_\_\_
- ✓ My favorite dance was \_\_\_\_\_
- ✓ My favorite clothing was \_\_\_\_\_

*Discuss...*

- The importance of U being accepted by your peers.
- How your parents felt about your music, dress and culture?
- How U felt about your parent's music, dress and culture?
- How is it similar to teens today?
- How is it different from teens today?