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. 

2. 

3. 

4. 

5. 

6. 

7. 

©Michael Sanders 2010
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???

©Michael Sanders 2010
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 you being accepted by your peers.

- How your parents felt about your music, dress and culture?

- How you felt about your parent's music, dress and culture?

- How is it similar to teens today?

- How is it different from teens today?