

SCHOOL SUCCESS

is more than just **ACADEMIC** success. It also includes...

SOCIAL success

You can develop good relationships and be accepted by a positive peer group.

PHYSICAL success

You put time and effort into keeping your body healthy.

PSYCHOLOGICAL success

You're emotionally stable, well integrated into society, and free from harmful addictions.

BEHAVIORAL success

You can make good decisions about how to behave in most situations.

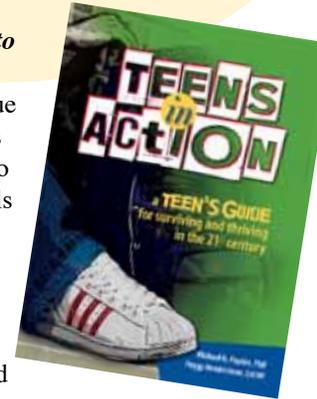
When you **THINK** positive,
FEEL positive,
and **DO** positive things,
SUCCESS IS INEVITABLE!

Family Enrichment Activity: Taking Time for Fun

Sometimes we forget the fun part of being in a family. But fun might be exactly what your family needs! A family that shares enjoyable activities together will grow stronger. Find something fun to do with your family this week. Choose something that you all enjoy—play a sport or a game; cook a meal; go on an outing; build something! And be sure to keep it lighthearted. Don't make this a time for confrontation.

Get more hope and help for the teen years with the *Teen's Guide*.

Teens in Action: A Guide to Surviving and Thriving in the 21st Century is a unique handbook for today's teens and tweens. It's designed to help them develop the skills and character they need to succeed in life. The *Teen's Guide*...



- Provides deeper insight into the topics presented in the videos.
- Goes *beyond* the videos to cover more of what teens need to know: bullying, peer pressure, on-line risks, talking about sexuality, and more.
- Presents 10 practical strategies teens can use to avoid high-risk behavior around drugs, sexuality, and violence.
- Teens do more than read: they stay engaged with creative exercises, thought-provoking writing prompts, and activities.
- Includes 25+ pages of comic-book style stories that use art and humor to make learning fun.

GO ONLINE FOR MORE!

TEENS AND TWEENS:

Visit www.activeparenting.com/TIA_Resources for a list of books, web sites, and other resources that can help you survive and thrive as a teen.

PARENTS OF TEENS AND TWEENS:

Visit www.activeparenting.com/ParentingTeens for the latest in parenting news and resources.



www.ActiveParenting.com • (800) 825-0060

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APP
Video
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TEENS IN ACTION™

VIDEO 1

**To Survive
and Thrive**

MICHAEL H. POPKIN, PhD
PEGGY HENDRICKSON,
MA, LMSW, ACSW

IT'S GREAT BEING A TEEN!

Teenagers are one of the world's most valuable resources! You have great amounts of energy, enthusiasm, creativity, and idealism. You have your whole life ahead of you and opportunity to decide how you will live it. You can look at the mistakes the adult world has made and create a better future. You can make a real difference and become a force for change.

but

IT'S TOUGH BEING A TEEN!

The teen years are full of possibility, but they're also full of challenges. Like...

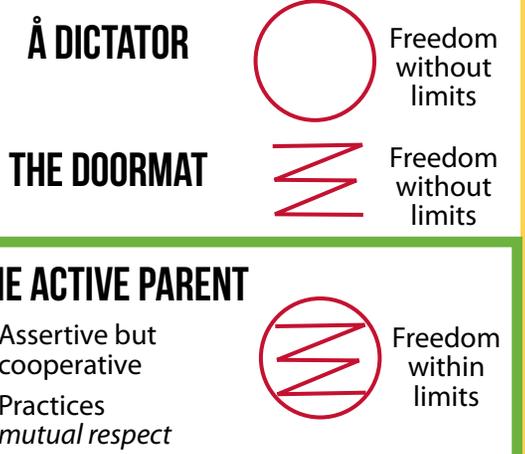


TEENS AND PARENTS BOTH HAVE IMPORTANT JOBS TO DO.



BOTH JOBS ARE BASED ON YOU BECOMING A THRIVING MEMBER OF SOCIETY.

STYLES OF PARENTING, LEADERSHIP, & INTERACTION



MUTUAL RESPECT means...

1. Always respect yourself.
2. Always treat others with respect.



bal•last *noun* /'ba-lest/
: that which gives stability to character (and to ships at sea)

5 ESSENTIAL QUALITIES OF CHARACTER

- COURAGE** Confidence to take a known risk for a known purpose
- SELF-ESTEEM** Your opinion of yourself. High self-esteem means having confidence in your ability to succeed
- RESPONSIBILITY** The ability to make decisions and accept the outcome of those decisions.
- COOPERATION** The ability to work together with others toward a common goal
- RESPECT** Treating others as worthwhile, valuable human beings

THIS IS YOUR BRAIN ON ADOLESCENCE

Science can tell us a lot about why the teen years are so tough. For starters, an intense period of brain growth occurs from age 11 to 14, followed by a period of pruning that lasts into the twenties. **During pruning, brain connections that are used grow stronger while those that are not used are lost.**

This process starts at the back of the brain and moves towards the front. The last area to complete pruning is the *prefrontal cortex*, the executive center of the brain that handles:

- Sound decision-making
- Empathy
- Considering consequences
- Regulating emotions
- Self-awareness
- Morality



So at least part of "typical teenage behavior" (like impulsive acts, errors in judgment, and intense emotions) is because the brain is still "under construction". But this doesn't mean you're off the hook: Teens should still be held responsible for their actions! But this may help you understand why you still need the support and guidance of parents and other adults during your teen years.