

THE FLAG METHOD

Identify your teen's feelings
and show empathy.

Feelings

Remind your teen of the
limits of the situation.

Limits

Talk about how he can meet
his goals within these limits.

Alternatives

If necessary, set a logical
consequence to show that
this is a serious matter.

Consequences

DON'T FIGHT. NEGOTIATE.

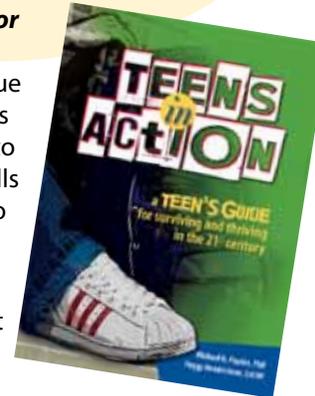
Family Enrichment Activity: Problem-Prevention Talks

To prevent problems and get along well, both teens and parents need to be clear on family rules and expectations. Have a Problem-Prevention Talk to set guidelines for how you'll be expected to behave in situations that involve drugs, sexuality, or violence, or where you'll have more responsibility than usual. Follow these 5 steps for an effective prevention talk:

- 1 Identify a potential problem or risk.
- 2 Share thoughts and feelings about the problem.
- 3 Generate guidelines via brainstorming/negotiation.
- 4 Decide on logical consequences for violating guidelines (if necessary).
- 5 Follow up to make sure that guidelines were followed.

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

Teens in Action: A Guide for 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, online 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.



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TEENS IN ACTION™

VIDEO 4

Building Courage and Self-Esteem

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COURAGE

The confidence to take a known risk for a known purpose

FROM THE FRENCH WORD *COEUR* FOR "HEART"

“**C**ourage is the first of human qualities because it is the one upon which all others depend.”

—Winston Churchill

SELF-ESTEEM

A person's opinion of him or herself

HIGH SELF-ESTEEM is a good opinion of one's self.

LOW SELF-ESTEEM is a poor opinion of one's self.

USING ANGER POSITIVELY

- 1 Act early, before the anger escalates.** Ignoring anger usually makes it grow bigger or come out at the wrong time.
- 2 Keep the anger under your own control.** Don't allow other people to set it off. Take a time out or use self-calming methods.
- 3 Act to solve the problem that is frustrating you.** Use your *Teens in Action* problem-handling skills!
- 4 Express your anger respectfully, with words.** If you're mad at someone, use clear, calm communication to let him or her know.
- 5 Reduce the importance of your goal.** But first ask yourself what your goal is. Maybe it won't be the end of the world if you don't get your way.



The Think-Feel-Do Cycle

For every event that occurs, your thoughts (what you **think** about it) affect your feelings (what you **feel** about it), which affect your behavior (what you **do** next), which becomes the next **event**, triggering a new cycle of thought, feeling, and behavior. This is what we call the Think-Feel-Do Cycle.

A teen with **HIGH SELF-ESTEEM** has courage to pursue goals using positive behavior, which leads to more positive thinking and feeling and more successes!



A teen with **LOW SELF-ESTEEM** feels discouraged and may take negative approaches to goals. The result: more negative thoughts, feelings, and failures.



TURN DISCOURAGEMENT INTO ENCOURAGEMENT

If you catch yourself doing this...

Try to replace it with this:

Tips for Success

Focusing on mistakes

Building on strengths

Use the **BANK** Method.

Expecting too little

Showing confidence

Take on new responsibilities.
Stick with it!

Expecting too much

Valuing the person

Separate the deed from the doer.
Appreciate your uniqueness.

Overprotecting/Pampering

Spurring independence

Take reasonable risks.

Break the job into baby steps.
Acknowledge strengths.
Nudge to take the next step.
Keep encouraging!

SUCCESS OR FAILURE...THE CHOICE IS YOURS!

A single event can be the start of either a failure cycle or a success cycle. What you choose to think, feel, and do about the event determines which direction it goes.

REMEMBER, YOU ALWAYS HAVE A CHOICE!