

Two Keys to Parenting in Our Democratic Society:

MUTUAL RESPECT

When you show your teen respect, you help her learn to respect herself while demonstrating how to treat others respectfully. Author Bernard Malamud once wrote, *"Respect is something you have to give in order to get."*

- Apologize when you treat your teen disrespectfully.
- Insist on your teen showing you respect.
- Model respect by treating others respectfully.

PARTICIPATION

Don't boss your teen... Give a choice instead.

By offering choices, you sidestep power struggles and help your teen become a better decision-maker.

- Give your teen choices that are appropriate for his age level and responsibility.
- Don't make everything a choice.
- Only give choices you can live with.

Control vs. Influence

A parent's strength lies in *influencing*, not *controlling*, a teen's behavior and attitude. What's the difference?

Control means you have 100% power over the outcome.

Influence means you have between 1 and 99% power over the outcome.

Family Enrichment Activity: Taking Time for Fun

Spending time with your teen sends the message that "I like you, and I like being with you." Find something fun to do with your teen this week. The key is to keep the time you spend together light-hearted and not make it a time for confrontation.

Supplement this video with the Active Parenting of Teens Parent's Guide

The 256-page Parent's Guide is a unique how-to book that provides:

- in-depth information about the Active style of parenting and complete explanation of skills taught in the videos.
- insight into today's teen issues such as online behavior, bullying, peer pressure, and gangs.
- valuable strategies for preventing high-risk behavior around drugs, sexuality, and violence.
- examples, charts, memory tools, and activities to help you put your new parenting skills into action.

...and much more!

GO ONLINE FOR MORE!

Continue your Active Parenting experience at www.activeparenting.com/ParentingTeens for the latest in parenting news.

Active Parenting has created a special place on our Web site just for parents of teens! The Parenting Teens page provides parents with information on topics that concern you and your teen. Plus, you'll have the opportunity to communicate online with other parents who share your experiences and concerns.

The Parenting Teens page gives you access to:

- dates and locations of upcoming Parenting Workshops in your area.
- a list of resources to point you in the right direction when you need more information on teen issues.
- a quiz to determine your parenting style.
- a Parents' Discussion Forum.
- a Parents' Bookstore with lots of useful resources and fun stuff.



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APP
Video
Library

Active Parenting
of Teens :)
third edition

VIDEO 1:

The Active Parent

BY MICHAEL H. POPKIN, PH.D.

Your Teen's Physical and Emotional Development

Parents and teens face immense pressures and challenges in today's world. A teen's behavior is affected by the physical and emotional changes that he is experiencing as well as outside forces such as peer pressure and the temptation to experiment with tobacco, alcohol, drugs, and sex. To prepare our teens to enter the adult world, we need to teach them how to make responsible decisions for themselves.

The Purpose of Parenting: to prepare our teens to survive and thrive in our democratic society

To achieve this goal we must instill five key qualities in our teens: courage, self-esteem, responsibility, respect, and cooperation. Just as a ship needs ballast to stay afloat in rough seas, our teens need the ballast of these five qualities of character in order to stay balanced throughout the storms of

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.

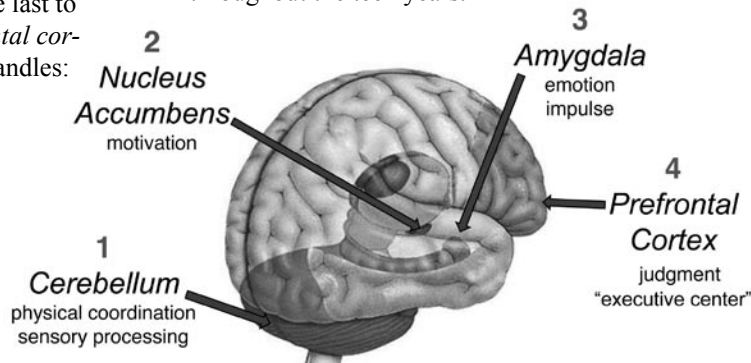
The Teenage Brain

Science has uncovered a lot about why teens act the way they do. For starters, a rapid and intense period of brain growth occurs from age 11 to 14, followed by a period of pruning that lasts into the twenties.

During the pruning process, brain connections that are used grow stronger while those that are not used are pruned back and lost. Generally speaking, the pruning starts at the back of the brain and moves towards the front (see diagram). The last to complete the pruning process is the *prefrontal cortex*, the executive center of the brain that handles:

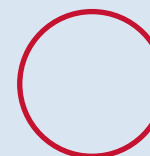
- Sound decision making
- Empathy
- Considering consequences
- Regulating emotions
- Self-awareness
- Morality

We now know that at least part of "typical teenage behavior" is due to the fact that the brain's executive center is still developing. Most of the brain functions that you would associate with maturity and adulthood don't appear until the end of the pruning process, around age 25. This doesn't relieve teens of responsibility for their actions, but it does explain why parental supervision and guidance are still necessary throughout the teen years.



WHAT'S YOUR PARENTING STYLE?

By avoiding parenting styles that are too autocratic or too permissive and instead taking an Active approach, you can help instill the five qualities of character in your teen and help build a stronger relationship.



Autocratic Style: The Dictator

The dictator style of parenting can be described as "limits without freedom." It can be depicted as a closed circle.

Result: Frequent power struggles with your teen



Permissive Style: The Doormat

The doormat style of parenting can be described as "freedom without limits," indicated by a zig-zag line. This means that the teen has freedom to do whatever she wants to do.

Result: A teen who, without any limits, may act in a way that endangers herself or others and is not prepared for independence



Authoritative Style: The Active Parent

The Active style of parenting is "freedom within limits," symbolized by a zig-zag line within the limits of a circle. The parent involves the teen in the decision-making process. As your teen demonstrates that he is capable of handling this challenge, allow him to accept more responsibility and independence.

Result: A teen who has the freedom to establish his own identity while becoming an independent adult