

PARENT HANDOUTS

FOR THE PARENTS IN *FAMILIES IN ACTION* PARENT & TEEN GROUPS

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Handout #1: Active Communication Role Plays

Use with the activity "Active Communication Role Plays for Parents & Teens" on page 85 of the *Families in Action* Leader's Guide.

Handout #2: Ideas for Logical Consequences

Use with the activity "Logical Consequences Practice for Parents and Teens" on page 119 of the *Families in Action* Leader's Guide.

Handout #3: The Case for Waiting

Use with the activity "The Case for Waiting" on page 189 of the *Families in Action* Leader's Guide.

ACTIVE COMMUNICATION ROLE PLAYS

ROLE PLAY #1

Will, age twelve, is discouraged when other boys pick on him because he's small for his age. Today at school a boy called him "Frodo" and trailed after him quoting lines from *The Lord of the Rings*. When Will yelled at him to leave him alone, the older boy challenged him to a fight. Will turned and walked away, and the boy called after him, shouting slurs and squawking like a chicken. That afternoon, when Will comes home from school, his mother asks, "How was your day?" Will mutters, "I'm never going to school again," and heads straight to his room, shutting the door behind him.

ROLE PLAY #2

Dana, age thirteen, lives in a neighborhood in which some of the kids her age and older are in gangs. Her parents have talked to her about not getting mixed up with that, but that was getting harder. Today at school, a girl named Christy demanded that Dana give her five dollars. Everyone knows Christy is with a gang now. When Dana told her she didn't have any money, Christy threatened to beat her up. Finally she left, saying, "You better have something to give me tomorrow. I've got a lot of friends you don't want to meet." Dana felt humiliated but mostly scared for the rest of the school day. On the bus ride home, she imagines a life in which Christy demands more and more from her every day. With her gang buddies backing her up, Christy could get away with anything. By the time Dana gets home, she's wondering if maybe she needs to join a gang herself if only to be safe from girls like Christy. One of Dana's parents notices her grim expression and begins a conversation with her about it.

ROLE PLAY #3

David, age fourteen, was planning to get together with some friends tonight to play video games, but instead they've invited him to a party in the woods where there's supposed to be beer and pot. When he tells them he'd better not because he's trying to stick to his family's "no use" agreement, they tease him and tell him he's going to miss the party of the century because his mommy won't let him go. When he says it's not like that, they laugh and one of them says, "Just come and let your parents think we're playing video games." David really doesn't know what he's going to do. When he gets home from school he's acting grumpy. His parent notices and says, "You're sure in a lousy mood today. I thought you'd be all excited because it's Friday and you're planning to go out with the guys tonight." In response, David mumbles, "That's the problem..."

ROLE PLAY #4

Jasmine, age fifteen, went to a sleepover party at a girlfriend's house. After the parents went to sleep, one of the girls lit a joint and passed it around. All of the other girls smoked it. When it got to Jasmine, she didn't know what to do. She thought smoking pot was a bad idea, but she also didn't want to be the only one at the party who didn't do it. She imagined how disappointed her friends would be if she said "no thanks." It would probably change things between them forever. Jasmine took the joint and smoked. But she felt troubled about it for the rest of the sleepover, wondering what would happen if her parents or anyone else found out what she had done. Her parents had made a big point of explaining why she should never smoke pot, and Jasmine had thought she understood and agreed with them. She felt very confused. The next day, when her father (or mother) picks her up at her friend's house, she is quiet and tense as she gets into the car.

ROLE PLAY #5

On Saturday night, sixteen-year-old Lauren went to a school dance with Jacob. She was excited about the date because Jacob is good-looking and popular, and a lot of girls have their eye on him. Lauren had a great time at the dance, but on the way home, Jacob stopped the car on a dark street and pressured Lauren into making out with him. Lauren hadn't wanted to do that on a first date, but she went along with it because she was afraid that Jacob would tell the whole school she was a prude. He became more and more demanding, and finally Lauren grew so uncomfortable that she pushed him away and demanded that he take her home. Jacob told her that if he took her home now, he'd never ask her out again. He drove her home in silence, let her out of the car and raced away. When her parents called "How'd it go?" from the den, Lauren just yelled, "Fine," and went to her room to be alone. The next morning, Lauren's mother can tell right away that Lauren has been crying and that she's very upset about something.

IDEAS FOR LOGICAL CONSEQUENCES

Coming up with good logical consequences requires practice and creativity. For each of the problems below, come up with some appropriate logical consequences to influence the teenager to stop the problem behavior. Remember to follow the logical consequences guidelines!

PROBLEM: Playing video games at a time other than that agreed upon as “screen time”

LOGICAL CONSEQUENCES:

(1) **Losing telephone privileges for an evening (or a week, if this becomes a repeated infraction)**

(2) _____

(3) _____

PROBLEM: Coming home 20 minutes after curfew

LOGICAL CONSEQUENCES:

(1) **Having to come home 20 minutes before curfew next time, earlier if the problem continues.**

(2) _____

(3) _____

PROBLEM: Room is not clean when company is coming for the weekend.

LOGICAL CONSEQUENCES:

(1) **Cannot go out with friends until room is clean**

(2) _____

(3) _____

Parent Handout #2 (page 2 of 2)

PROBLEM: Dinner dishes aren't washed by 8:00 p.m. as agreed upon.

LOGICAL CONSEQUENCES:

(1) Parent engages in "chore swapping" and does the dishes but then leaves teen's laundry for her to do for herself.

(2) _____

(3) _____

PROBLEM: Coat, books, and other items are left strewn from one end of the house to the other.

LOGICAL CONSEQUENCES:

(1) Items, except for schoolbooks, disappear for a pre-specified period of time.

(2) _____

(3) _____

Brainstorm a problem behavior and two logical consequences to go with it.

PROBLEM:

LOGICAL CONSEQUENCES:

(1) _____

(2) _____

THE CASE FOR WAITING

Teens hear a lot about the importance of waiting to have a sexual relationship until they're more mature or married, but why is this important? In the blanks below, list ten reasons why it makes sense to wait until you're an adult or even married to become sexually intimate with another person.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____