

# Parenting Your Teenage Student: Transition & Change

**Cypress-Fairbanks ISD**  
**Department of Psychological Services**



Welcome Back!

Night 3

# Today's Overview

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## Troubleshooting

School problems/practical,  
applied problems

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Behavior contract

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## 4 Big Concerns

Technology and social media

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Drugs and alcohol

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Driving

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Dating/Sex

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## Self-care

# Troubleshooting

# Difficulty at School: Grades and Homework



**Monitoring grades is encouraged, constantly checking work is not**



**Do not insist on perfection**



**With temporary drops in grades for typically high-achieving children, watching and listening may be all that is necessary**



**Positive reward system for grades**

*Be specific/explicit*



**Set firm study hours at home**

# Difficulty at School: Behavior

## Link

Link your home system to school behavior

## Communicate

Open communication between home and school

## Establish

Establish a behavior contract

# Behavior Contract Examples

## My Daily Checklist

Target Behavior	Goal Completed?
<b>Getting Ready for School in the Morning</b>	
Brushed Teeth	Y N
Showered	Y N
Ready On Time	Y N
Took my medications	Y N
<b>School</b>	
Turned in my math homework	Y N
Turned in my reading homework	Y N
Wrote down my reading homework	Y N
<b>After School</b>	
Completed my reading homework	Y N
Completed my chores (took out the trash, emptied the dishwasher)	Y N
Packed my book bag for tomorrow	Y N
<b>Before Bed</b>	
Brushed Teeth	Y N

I completed \_\_\_\_ / \_\_\_\_ items on my daily checklist or \_\_\_\_ %  
 (To calculate, divide the number of items completed that day by the total number of checklist items)

My Personal Goals	Met Goal Today?
1.	Y N
2.	Y N
3.	Y N

## My Behavior Contract

I agree to:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

for \_\_\_\_\_  
 length of time

When I do this, I will have this reward:

\_\_\_\_\_

\_\_\_\_\_.

If I do not follow this agreement then:

\_\_\_\_\_

\_\_\_\_\_.

Signed \_\_\_\_\_

Date \_\_\_\_\_ Kid \_\_\_\_\_ Adult \_\_\_\_\_



## Contingency Contract

When I complete my daily checklist at 90% accuracy, I may choose from one of the following rewards:

- 
- 
- 
- 

When I complete my daily checklist, but NOT at 90% accuracy, I may choose from one of the following rewards:

- 
- 
- 
- 

When I have not completed my daily checklist, I must do one of the following of my parent's choosing:

- 
- 
- 
- 

We agree to abide by and follow the above contingencies for completing daily checklists. This means delivering rewards when they are earned and completing tasks or losing privileges when rewards are not earned.

Parent \_\_\_\_\_ Child/Adolescent \_\_\_\_\_

# The BIG 4 Risks

# 4

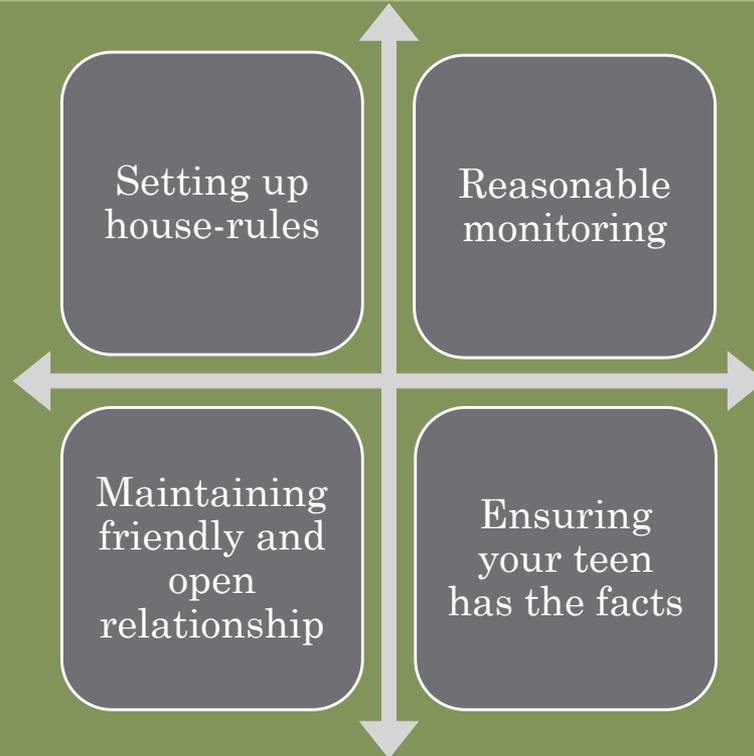
1. Technology

2. Drugs & Alcohol

3. Relationships & Sex

4. Driving

We may not have 100% control over keeping our teens safe, but there are many strategies that can prevent injuries from happening:



This is an exercise to ensure your teen has the facts, without having to teach, lecture, or instruct

1. Use the provided lists (future slides) or make up your own lists
2. Set up the exercise
3. Divide up the list equally (parent has 5, teen has 5)
4. Set a time to get together and share your information with each other

Try to listen rather than teach, lecture, or instruct.



# 1. Technology

# Technology – Introduction

Recent estimates tell us that 8 to 18 year olds spend more than 9 hours per day between TV, cell phones, music, computer, video games, print, and movies, often more than one simultaneously



Technology use should be monitored, have rules

Develop guidelines for technology use

# Technology – Problem Prevention



Understand capabilities of all devices purchased



Technology should be kept in public places



Install monitoring software; filtering software for internet use



Deactivate online component of devices that cannot be monitored



Set privacy levels to their highest



Teach digital safety



Check ratings for video games, tv shows, movies



Set time restrictions

# Technology – Managing Problems



Build technology into the major/minor system



Coordinate with other parents to try to limit access with their peers' devices



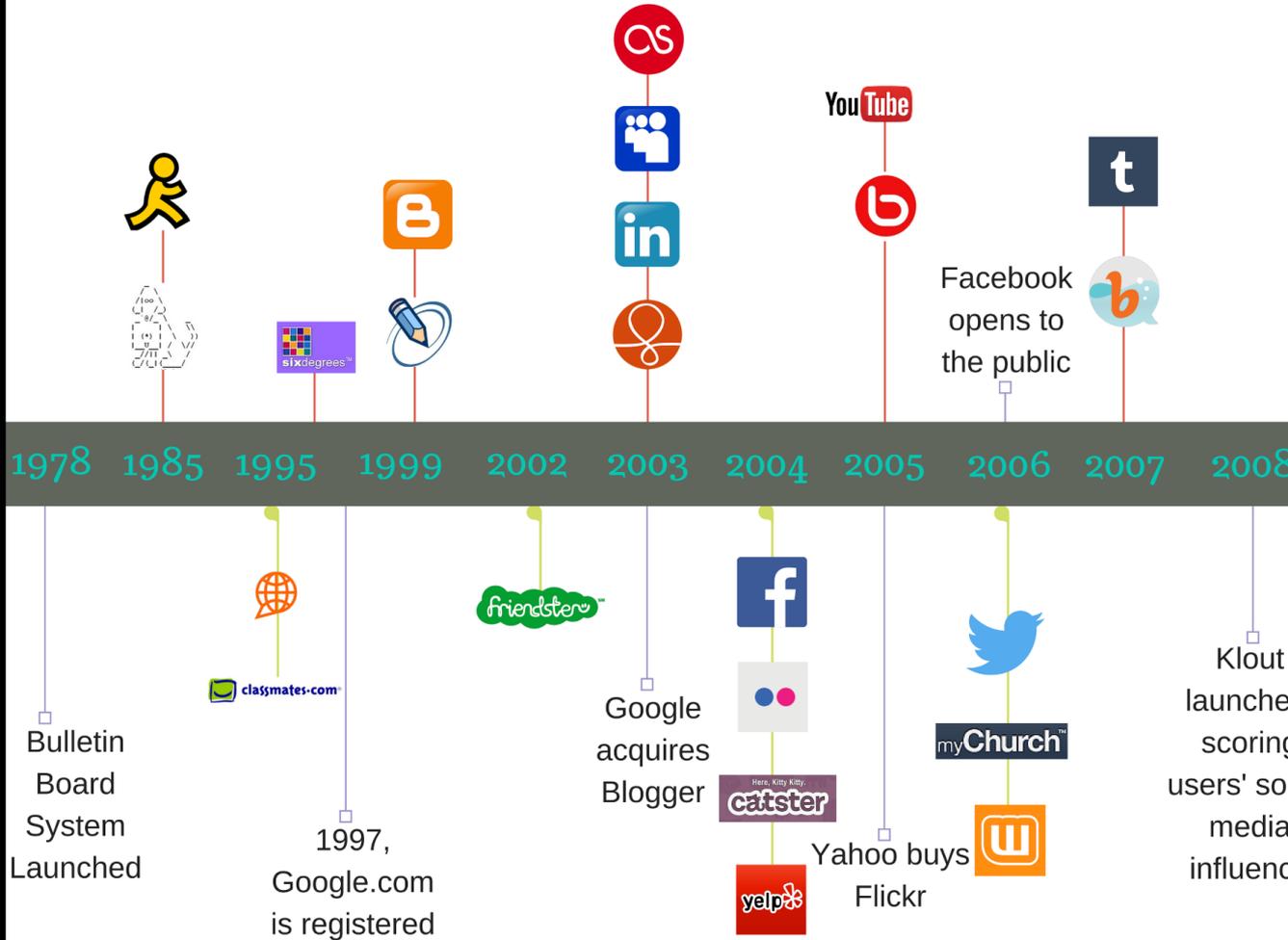
Ability to maintain an open and friendly relationship with the kids is critical

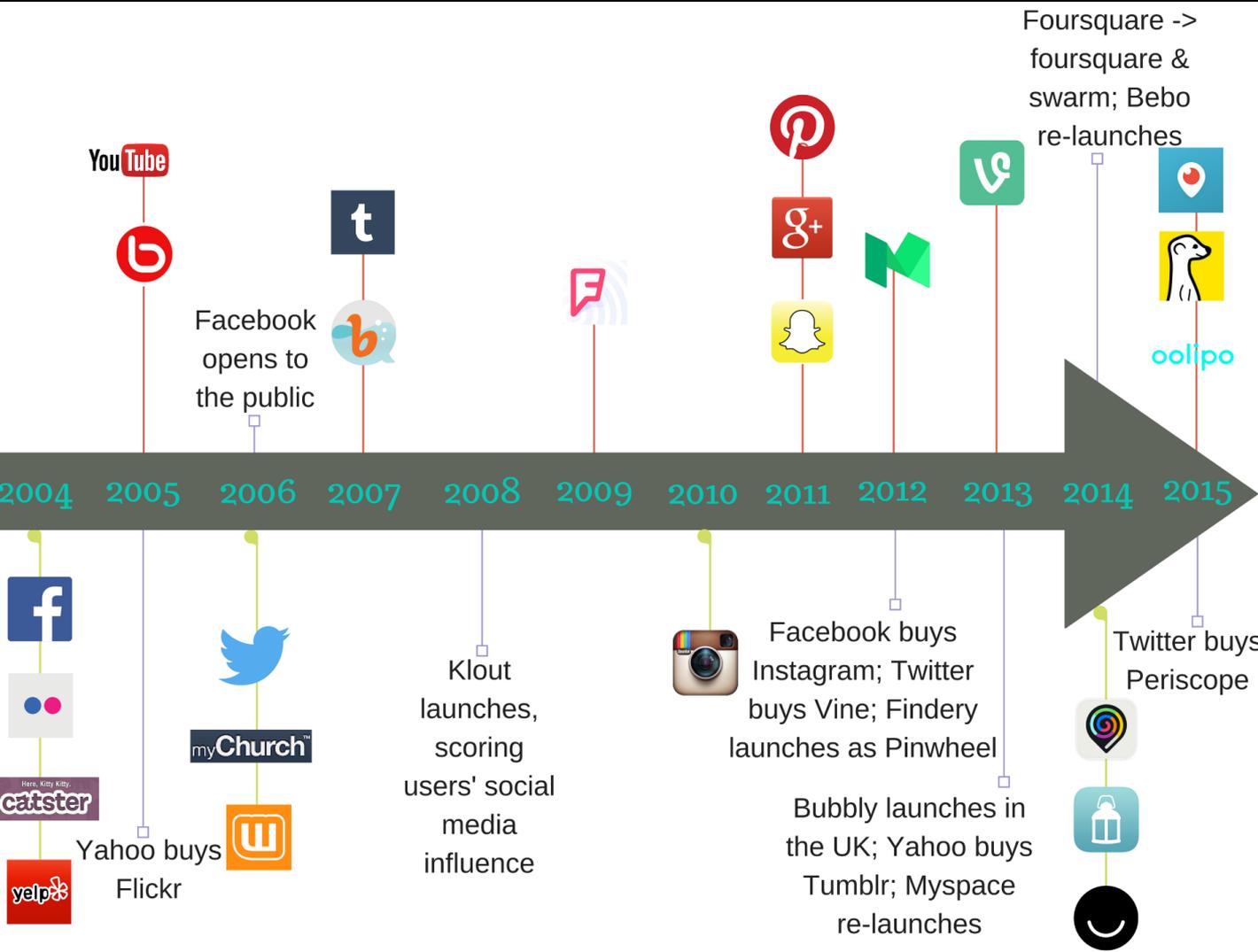
# The History of Social Media

»»»»»»»»»» 1978-2015 ««««««««««

By Miriam J Johnson

Infographic sourced from:  
<https://keymediasolutions.com/news/social-media/evolution-of-social-media-platforms/>





## Major points from 2019:

- Facebook dominates the news for multiple “accidental” privacy breaches and its role in the “Russian meddling” scandal. Promises to change practices.
- Google+ closes down shop, all profiles deleted.
- TikTok begins advertising, incorporates “interest based targeting.”
- Instagram increases ad space.
- Up-and-coming platforms: Vero (alt. to Instagram), Musical.ly, Steemit (alt. to Reddit).



# General Risks of Social Media



The primary risks that social networking sites pose to children and others boil down to...

## Increased access to the child:

- Bullying
- Cyber-stalking
- Online grooming and child abuse
- Individuals trying to persuade or harass individuals into changing beliefs or ideologies, or adopt an extremist stance.
- People hacking or hijacking accounts.
- Lack of age-verification mechanisms.
- Public profiles are often the default.

## Increased access to inappropriate material:

- Encountering comments that are violent, sexual, extremist or racist in nature, or offensive activities and hateful attitudes.
- Phishing emails encouraging individuals to visit fraudulent or inappropriate websites.
- Posts encouraging individuals to link to fraudulent or inappropriate websites.
- Viruses or spyware contained within message attachments or photographs.

## Over-sharing and provision of private information:

- There's no temporary sharing."
- Pressure to gain followers and likes.
- Posting private information (e.g. pictures of home or school, birthdate, etc.)
- Prosecution or recrimination from posting offensive or inappropriate comments.
- Sharing private photographs.
- Many apps can easily lead to "sexting" (sexually explicit texts and emails).

# TYPES OF SOCIAL MEDIA



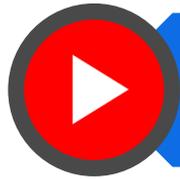
Social Networking



Photo Sharing



Internet Forums



Video Sharing



Microblogging



Dating Apps

## NOTE

Many social media apps serve multiple purposes and don't fit in a single category.

Facebook, for example, can be found on lists of social networking sites, microblogs, and photo/video sharing apps.

# Social Networking Apps - What are they?

- Online platforms used to build social networks with others who share **interests, backgrounds, or connections**.
- This is **what most people think of** when they hear “social media.”
- Research-proven to be the best way to convince yourself that Jenny Smith was really missing out when she turned me down for prom in high school because, seriously, she’s not all that now with her



**StumbleUpon**

**LinkedIn**

# Special Considerations

Networking sites contain massive amounts of personal info.

- The way we use sites like Facebook makes them vaults for our most personal details.

Networking sites may open user to privacy/security concerns.

- Users often overshare personal information that leaves them vulnerable to exploitation and crime.
- Information you believe is private may be shared by networking company, accessed by hackers.

Sites may leave users vulnerable to cyberbullying, cyberstalking.

- Viewers may access vast intimate details of users' lives and use those details to harm the user.

# Internet Forums - What are they?

- Started in the '80s, they are the **earliest** recognized “social media.”
- Function as community **message boards** that cater to specific discussion topics.
- Conduct is typically governed by posted and enforced **netiquette** rules.
- There are literally **thousands** of forums.
- They are the source of every **meme** your mother has ever shared on Facebook.



reddit



craigslis



4chan



Knitting  
Paradise



chan

# Special Considerations

Users may get poor or incorrect information.

- Crowd-sourced info sites (ex. Yahoo Answers) may offer unvetted advice.
- Research indicates not a huge concern.

Forums offer access to extreme, sometimes illegal, content.

- Unregulated forums (4chan, 8chan) may expose user to extreme or illegal content.
- 8chan was heavily implicated in three mass shootings from the past year.

Anonymity encourages poor behavior in some users.

- The anonymity offered by some forums may invite interactions with bad actors.
- Examples include: "swatting," "doxing," grooming children.

# Video/Photo Sharing Apps - What are they?

- Online sites dedicated to **video** and/or **photo posting**.
- Allows **anyone** to share image content.
- Most images allow **public comments**.
- Content may typically be **shared** outside of the site.
- Site functionality may allow for **live-streaming** of videos.
- It's where you go to find a tutorial for **zucchini pasta** and, 3 hours later, find yourself watching that guy in India build pools

YouTube



liveMe



Snapchat



Instagram



Tik Tok

YOU NOW

# Special Considerations

## Easy access for predators and cyberbullies.

- Public comments and direct messaging potentially leave children exposed to cyberbullying and charged/sexual comments.

## False sense of temporary nature of content shared.

- Nothing posted online is temporary. Children often have a poor sense of future consequences.
- Even "temporary" posting apps (ex. Snapchat) have work-arounds.

## Believing the "filtered reality."

- People often compare their own lives to the planned and curated images online, leading to dissatisfaction and unrealistic expectations.

## Encouraging inappropriate behaviors for "likes."

- Children may feel encouraged to engage in dangerous or inappropriate on-screen behaviors (ex. Tide Pod challenge) to gain followers.

# Courtesy of our friends at WikiHow!

<https://www.wikihow.com/Hide-Your-Online-Activities-from-Parents>

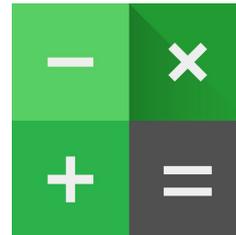


## How to hide computer activity:

- Delete your browser history.
- Tab-switch (alt-tab) when adults are around.
- Use private browsers (ex. Chrome Incognito).
- Use a virtual desktop.
- Create secondary social media accounts using a fake email address that does not include your real name [“FINSTAS” and “RINSTAS”].

## How to hide phone activity:

- Use folders to hide applications.
- Temporarily disable apps so they don't show up on the home screen.
- Use apps that hide other apps:



Calculator Vault



App Hide



# Social Media

SnapChat (Snaps, Streaks,  
My Eyes Only, Group Chat)



Instagram



 Houseparty

Instagram

YouTube



TikTok



Houseparty

Omegle

Live Streaming



Dating Apps

# Technology Resources

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CommonSenseMedia.org

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Secret Apps (Best Secret Folder, Calculator, Audio Manager/Hide It Pro)

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Privacy Settings/Filters

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Parental Control/Monitoring/Location Services (Net Nanny, Safe Eyes, TeenSafe, OurPact, Life 360)

## 2. Drugs and Alcohol

# Drugs and Alcohol – Introduction

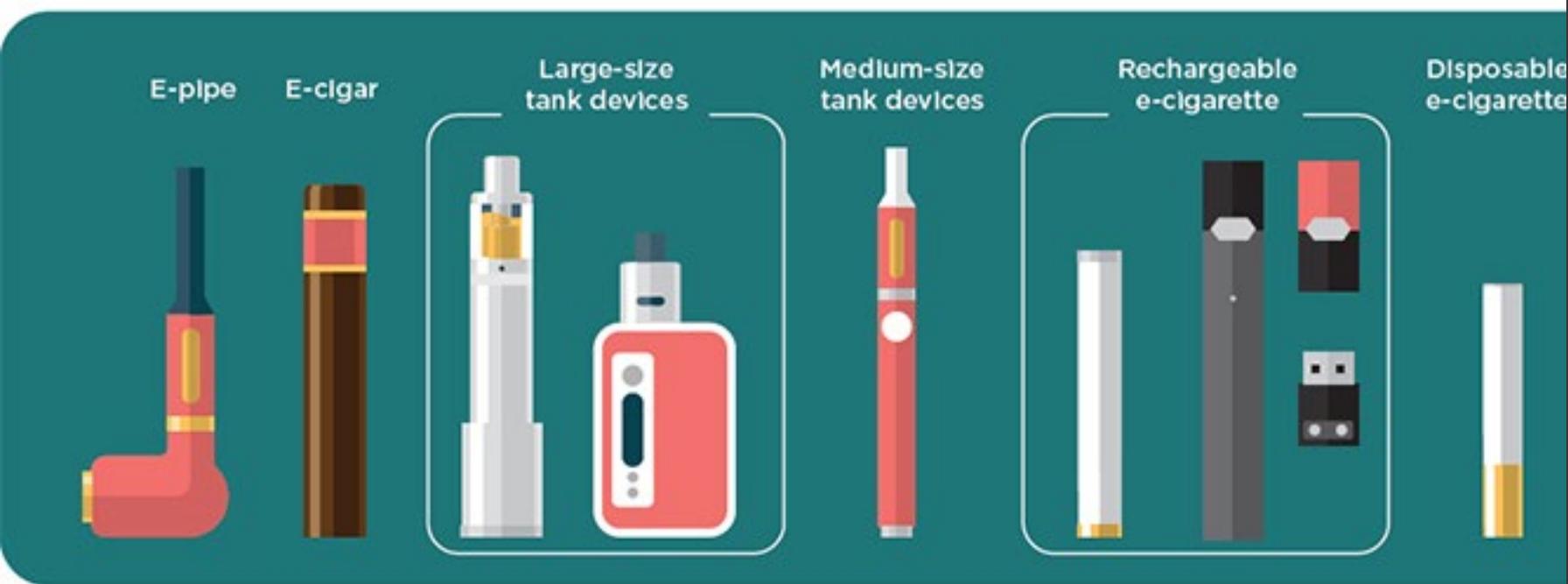


Age of first exposure

Adolescent brain is more prone to addictions due to brain development, especially with risk factors



Higher levels of marijuana today



## Drugs and Alcohol – Introduction

### Vaping –

- Current trends – “JUULing,” marijuana concentrates, synthetics
- Shape/form (i.e. USB)

# Drugs and Alcohol – Problem Prevention

## Model good habits

- Evaluate and define your own attitudes towards these activities
- If you have an addiction (e.g. smoking or drinking), you can admit it

## Do your kids drink with you at your house?

- Occasional sample of wine or beer for special occasions or toasts might be acceptable...
- Regular, recreational drinking with you is NOT

## Educational activities

- Volunteering/visiting drug/alcohol rehab center
- Ask what they know/have learned at school about alcohol and drug use

# Drugs and Alcohol

## Monitoring

Do not leave your teen by him/herself overnight.

Generate solutions to potential problem scenarios they may encounter when they are home alone

- Ensure he/she knows what to say and do

If your teen goes out, ensure he/she know the rules and then wish him/her a good time

- If there is concern that he/she will break the rules, stay up
- If he/she is reliable, go to bed

# Drugs and Alcohol – Managing Problems

Signs that drug use is a problem include:

- Unusual mood swings
- Change of friends
- Suddenly falling grades
- Increased irritability
- Withdrawal
- Sudden secretiveness
- Spending substantial amounts of money with nothing to show for it
- Being obviously under the influence

Early intervention is the key, so do not waste time if there is cause for concern

- Contact your local health department or a nearby hospital to talk to a drug/alcohol counselor about your worries

# Drugs and Alcohol – Managing Problems cont'd.

If your teen arrives under the influence one night, acknowledge that there is a problem, but do NOT talk about it then.

- The next morning, request that the teen undergoes a drug test.
- Calmly tell teen that their refusal to complete the test leads you to believe that the results would have been positive.

# Drugs and Alcohol – Managing Problems contd.

## Only minor experimentation?

- Have teen attend an educational program given by an outpatient alcohol and other drug abuse (AODA) clinic, health department, or local hospital
- Monitor urine for a few months afterwards (e.g., family doctor, drug home test kit)

## Major problem?

- Family doctor or psychiatrist can leave a standing order at an emergency room or the doctor's office for drug urinalysis (test will be surveilled)
- Consider need for psychological treatment

# Drugs and Alcohol – Google Searches

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Stimulants

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Depressants

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Alcohol abuse facts

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Drugs and peers

---

Heroin and LSD

---

THC

---

Inhalants

---

Drug dependency

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AIDS and drug use

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Drugs, alcohol, and pregnancy

# 3. Relationships, Sex and Romance

# Sex and Romance - Introduction

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According to the CDC (2015) 229,715 babies were born to women aged 15-19 years of age

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Each year, U.S. teens experience as many as 850,000 pregnancies (2005)

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Youth under age 25 experience about 9.1 million sexually transmitted infections (STIs)

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By age 18, 70 percent of U.S. females and 62 percent of U.S. males have initiated vaginal sex

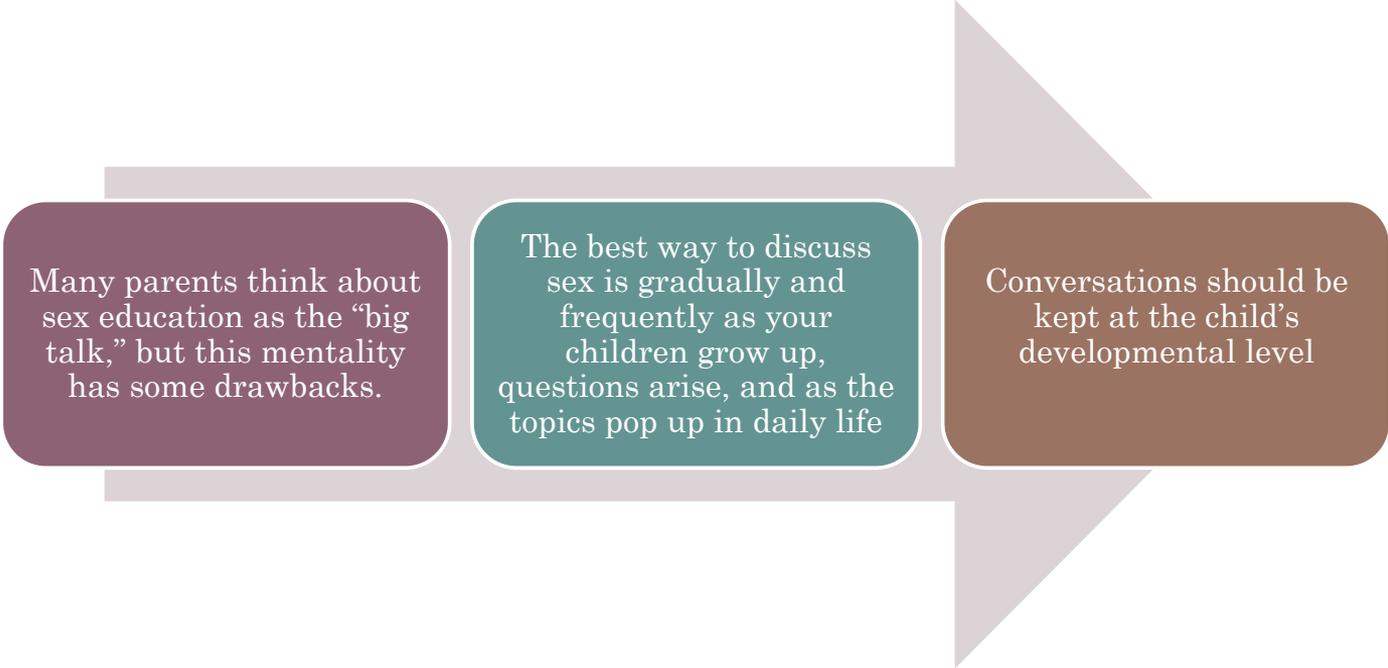
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Comprehensive sex education is effective at assisting young people to make healthy decisions about sex and to adopt healthy sexual behaviors

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No abstinence-only-until-marriage program has been shown to help teens delay the initiation of sex or to protect themselves when they do initiate sex

# Sex and Romance – Problem Prevention



Many parents think about sex education as the “big talk,” but this mentality has some drawbacks.

The best way to discuss sex is gradually and frequently as your children grow up, questions arise, and as the topics pop up in daily life

Conversations should be kept at the child’s developmental level

## Sex and Romance – Problem Prevention

“Look. My job may not be to give you all the information about sex. It may be more just to make sure you know it so you don’t get hurt. I am talking about things like getting pregnant, sexually transmitted diseases, .... Let’s do this. I’m going to make up ten sex questions for you and I want you to make up ten for me. You can try to stump me if you want, but I can try and stump you too. Then we sit down a few times and throw the questions at each other. Of course, we will make sure we come up with the right answers. Then you’re free to pursue your own existence with no more hassles from me. How about it?”

# Sex and Romance – Managing Problems

## STIs/STDs

- Ask you teen if they need a check-up
- Ask you family doctor to do STD/STI tests during physicals

## Sexual Abuse

- Possible questions to ask: “Has anyone ever made unwanted or forced sexual advances to you?” and “Would you tell me if they had?”
- If yes → See a mental health professional trained in this area
- Try and stay calm and never scold child for “making ridiculous claims” → if something does happen, he or she will be unlikely to share

## **Your daughter tells you she is pregnant...**

Be thoughtful regarding your initial response. You and your daughter will always remember your immediate reaction.

Give her a hug

Cry if you feel like it

Stay calm

If you feel unable to control your emotions, it is okay to step away and wait prior to having a discussion.

Contact pregnancy counseling service to consider available options.

Ensure counseling is offered (not just abortion screening) to ensure your daughter is well educated to make a choice.

## Sex and Romance- Managing Concerns

### **Your son tells you that he is going to be a father...**

Again be thoughtful regarding your response.

If you feel unable to control your emotions, it is okay to step away and wait before having a discussion.

Discuss:

How he is going to manage the situation

How he can support the girl

How the decision will be made about the baby

Ask him what you can do to help

# Sex and Romance – Google Searches

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Date rape

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AIDS transmission

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Condoms, the Pill, and “morning-after” drugs

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Sexual abstinence

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Ovulation Calendar

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Chlamydia and Gonorrhea

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Sexual Intercourse

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Men and romance

---

Sexual orientation

---

Limerence

# 4. Driving

# Driving – Problem Prevention

Parents model good driving habits:

- Avoid speeding, tailgating, drinking and driving, and using your phone while driving
- Always use your seatbelt

Practice makes perfect:

- Have your teen drive 1000 miles with you before getting driver's license
  - Keep track of miles
- Different conditions (e.g., residential areas, expressway/interstate, good and bad weather, dawn/dusk/dark)
- Make it fun!



# Driving – Problem Prevention



Instilling responsibility:

Consider having the teen pay part or all of his/her insurance

Consider having the teen pay for his/her own gas



Praise and acknowledge teens' accomplishments and the times they demonstrate responsibility



# Driving – Expectations/ House rules

Consider Texas  
state laws

- Curfew, passenger restrictions, no cell phones

Grades

Curfew

Zero tolerance for  
drinking and  
driving

Front and back  
seat belts must be  
worn at all times

Violations will be  
considered medium  
to major offenses



# Driving: Managing Problems



Consider a signed behavioral contract agreed upon by you and your teen (e.g., combining GDL laws with Major/Minor system)



Consequences for misbehavior = temporary loss of car privileges



Examples

Ticket for going 10 miles over the speed limit → two-week car restriction

Drinking and driving → MAJOR! 6 months to 1 year + community service

Second episodes (e.g., ticket, accident) → MAJOR, grounding + driving lessons paid by teen



No EXCEPTIONS! - loss of car privileges include necessary commutes (e.g., to and from school)

# Driving - Google Searches

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Aggressive driving

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Graduated driving laws (GDL)

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Drug-impaired driving

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Cell phones and driving

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Texting and driving

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Road rage (not aggressive driving)

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Work zone traffic laws

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Teenage driver crash statistics

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High-risk driving situations

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Passenger restrictions for new drivers



# Self-Care

# How Are You Doing?



5- Life is great



4- Things are pretty good



3- I'm doing okay



2- Things are not so hot



1- Life is awful



# How to Take Care of Yourself

## Importance of Self-Care

- It is difficult to make good parenting decisions and take care of another person, if you are feeling stressed and overwhelmed yourself
- People who are stressed have more difficulty
  - Regulating their emotions
  - Being patient
  - Thinking things through before acting

# Proactive Practice to Self-Care

Social supports

- Talk to supportive friends/family

Make time for yourself

Schedule time with your partner

Increase the amount of quality family time

Lead a less programmed, simplified life

Manage money well

Increase opportunities for family time that is routine and ritual (i.e., family dinners)

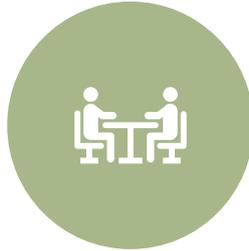
Participate in some group activity that makes you feel part of the community

Develop healthy routines

# Professional Help



PARENTS MAY CONSIDER  
SEEKING PROFESSIONAL  
ASSISTANCE TO MANAGE  
FEELINGS OF STRESS,  
DEPRESSION, AND  
ANXIETY RELATED TO  
DIFFICULTY  
IMPLEMENTING  
EFFECTIVE PARENTING  
METHODS



PSYCHOTHERAPY (AND  
MEDICATION, IN SOME  
INSTANCES) CAN BE  
EFFECTIVE TO LESSEN  
STRESS AND HELP  
PARENTS REGAIN  
EQUILIBRIUM



SELF-HELP BOOKS

# Marriage and Relationships

Be open to examine your relationships from time to time to see how you are doing and how to improve



Marital counseling

If you decide to seek professional help,

- Choose the counselor together
- Go in together the first day
- Listen respectfully

# Your Job: Questions

Do you spend a lot of time complaining to others about your work?



Do you consistently feel overloaded and unappreciated when you are there?

How about coworkers ?

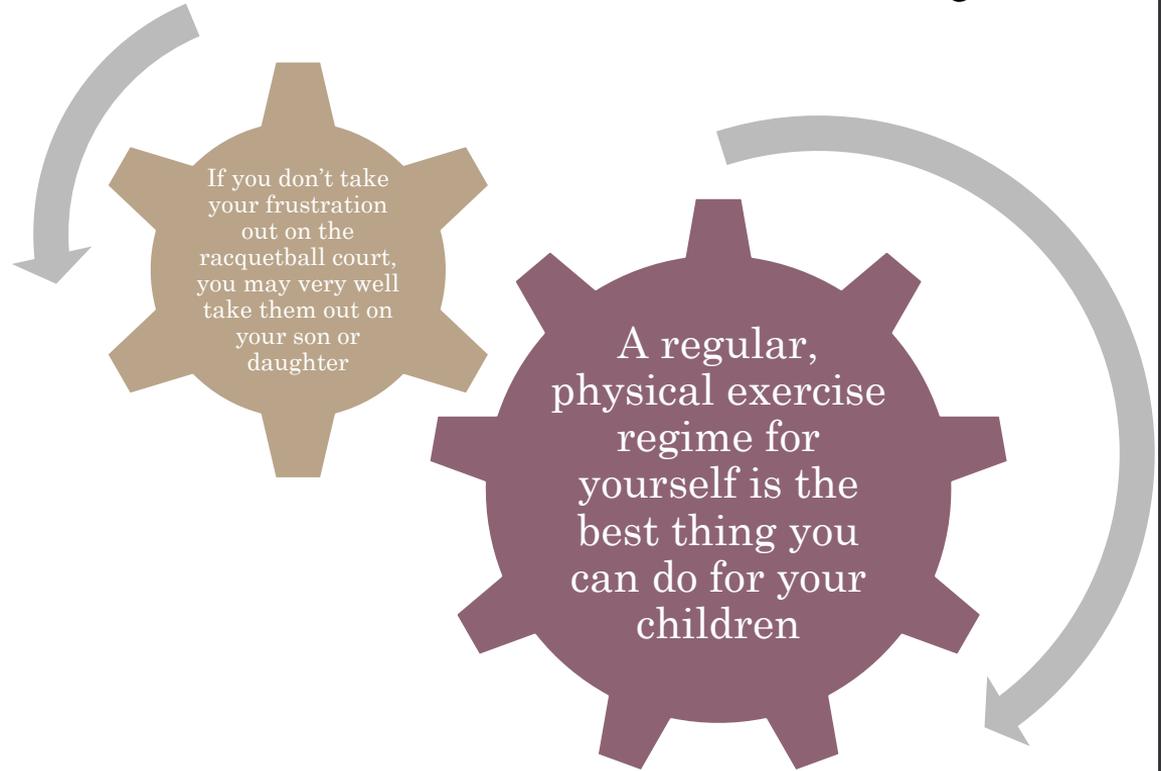
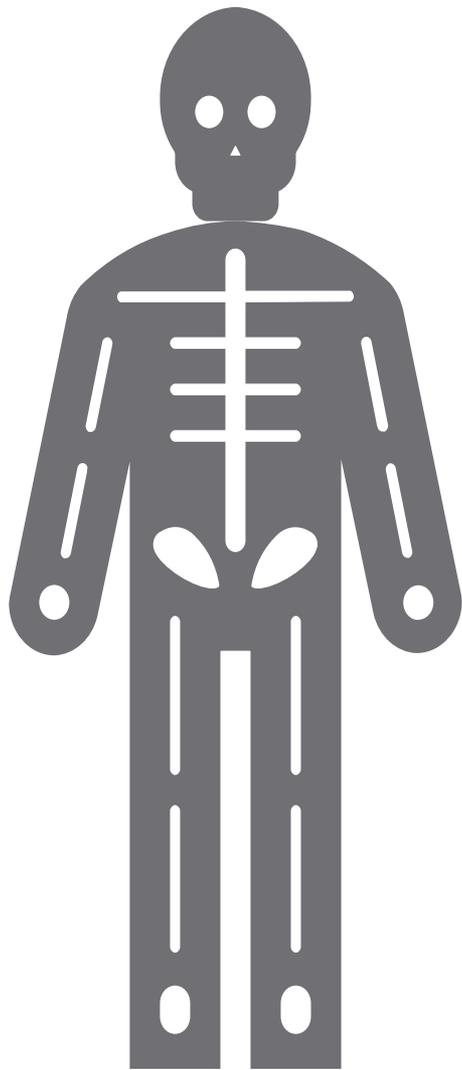


What do you think of your boss?

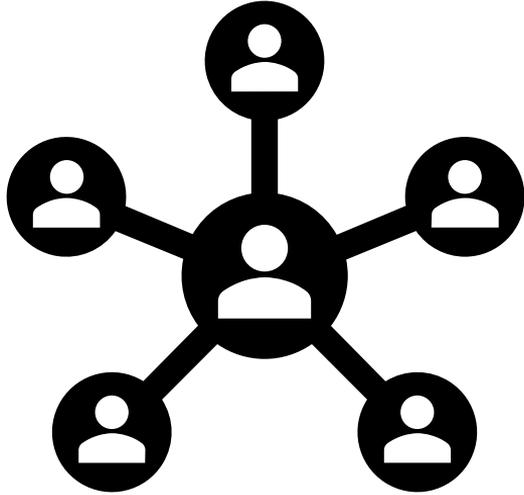


How do you feel on Sunday nights or each morning when you wake up and realize it's a work day?

# Your Body



# Pass the Buck



Involving another care-taker to take over responsibilities while you take care of yourself

# Relaxation



**What do you do to relax?**

Independently?

With your spouse?

With your children?

With your friends/family?



**Consider: Progressive  
Muscle Relaxation**



THANKS!