

Parenting Your Teenage Student: Transition & Change

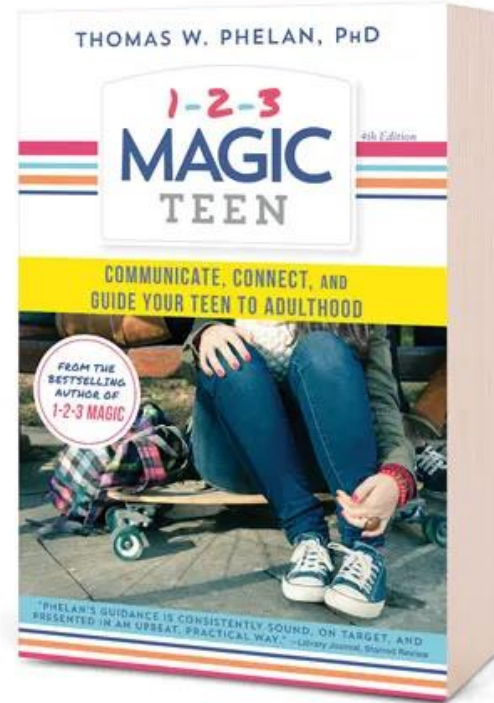
Cypress-Fairbanks ISD
Department of Psychological Services



Welcome

Night 1

Goals & Resources



Overall Aims of the Course

Help

Help the relationship between you and your child be even better than it is now

Increase

Increase confidence in skills and abilities to parent

Identify

Identify ways to effectively discipline

Today's Overview

Ice Breaker

Adolescent Development

The Adolescent Brain

Strengthening the Relationship with
Your Teen

Intervention Roles

Transitions

Discussion Activity

What are the positive adjectives that describe your child?

What do you love most about your child?



Adolescent Development

What is Adolescence ?



Transitional stage from childhood to adulthood

Early Adolescence: 10-14 years

Middle Adolescence: 14-17
years

Late Adolescence: 18-21 years



Time period with specific development needs:

Physical

Cognitive

Social

Emotional

Identity (i.e. sexual, vocational,
moral and personal)

Classification	Boys	Girls	Physical State
Early	10-15	10-14	Early pubertal stages, rapid physical growth
Mid	15-17	14-15	Continued sexual development; ongoing physical growth and maturation, especially in boys
Late	17-19	16-19	Completion of pubertal changes.

Adolescence & Physical Development

Adolescence & Cognitive Development

10 years



19 years

Need guidance for
rational decision
making

Entertain hypothetical
situations, use of
metaphors

Moral reasoning

Ability to think
realistically about the
future, goal setting

Ability to analyze
situations logically

Ability to think
abstractly

Adolescence & Social Development

On a run with her mother, she said, “Mom, do you mind not talking to me when we run together?”



Another time, when his mom was standing in the rain watching him play lacrosse, and he came over and asked her not to wear her raincoat *with the hood up*.



Adolescence & Social Development

- Begin separation from parents and exploration of independence-dependence boundaries
 - Less interest in parent/family activities
 - Reluctance to tacitly accept parental advice

Adolescence & Social Development

Importance of peer group and conformity with peers increases.

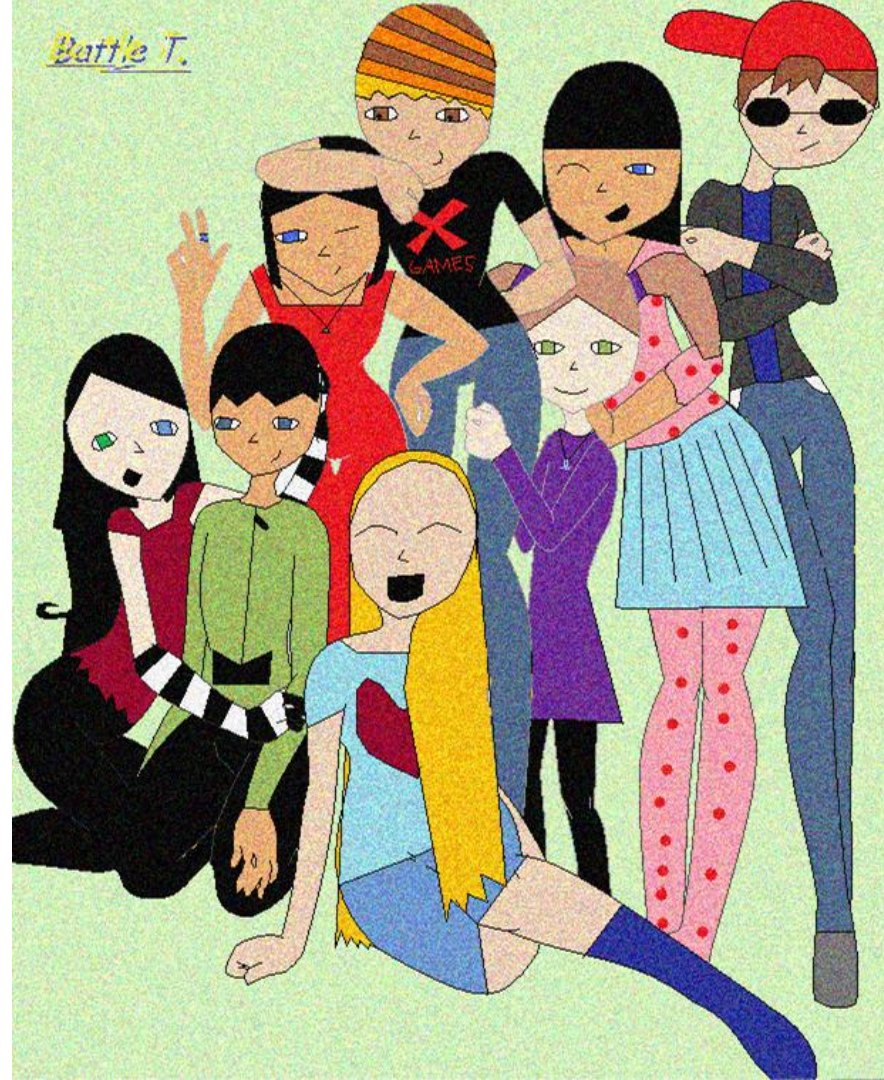
Intense, idealized same-sex relationships common (“BFF”)

Peer group becomes primary means of social support

At times, peers may be everybody and define everything

Peer group allows for testing new identities

Increased interest in romantic relationships



Adolescence & Identity Development

Who am I?
Where do I belong?

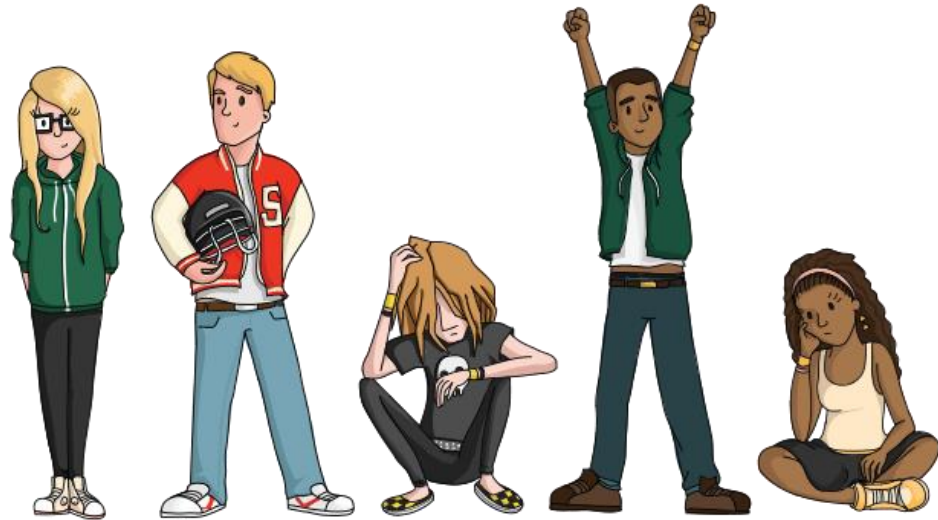
- Identity development (gender, sexual, ethnic, etc.)
- Self-esteem and sense of purpose
- Role of peer group

How do I relate to others?

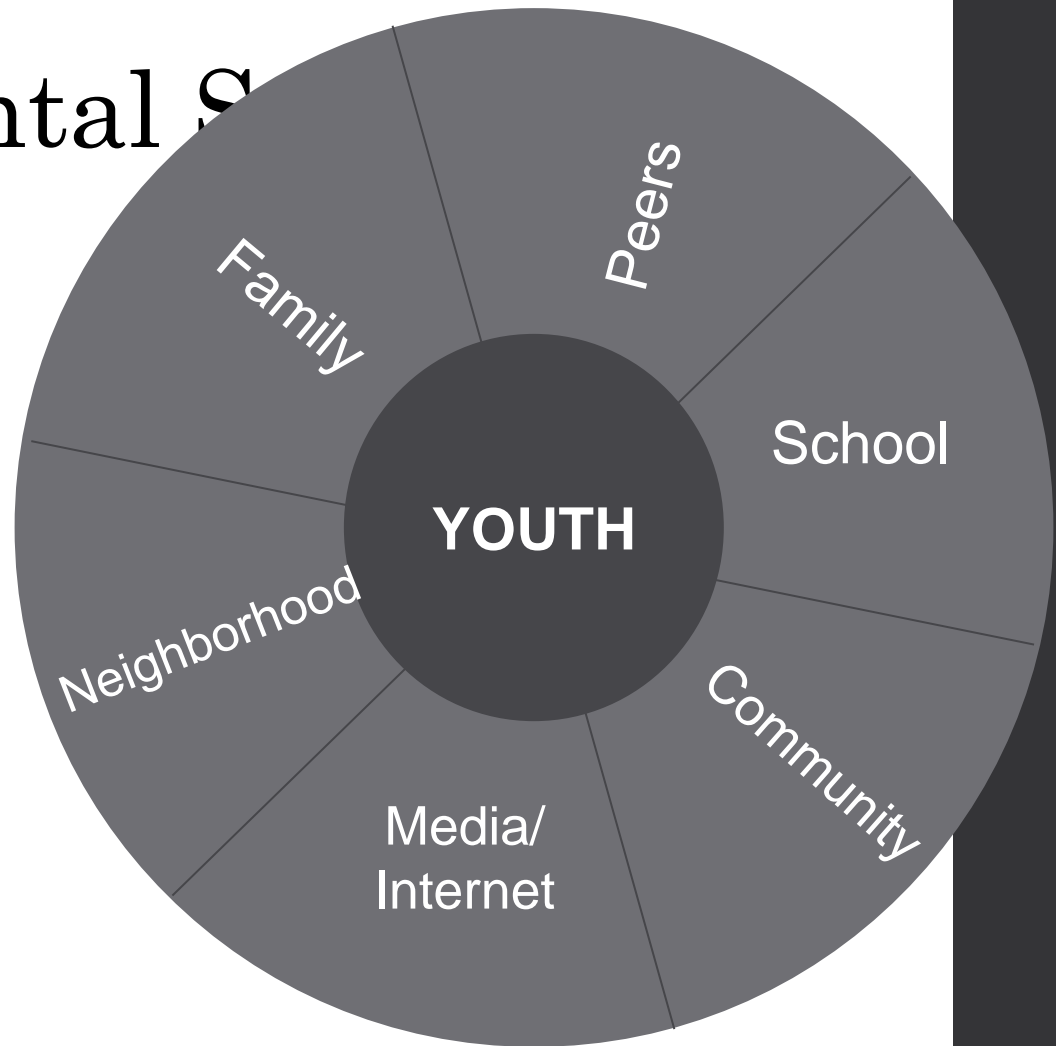
- Social Skills
- Emotional Intelligence

Adolescence & Emotional Development

- Mood shifts
- Emotional Intensity
- Conflicts with Parents
- Risk-taking
- Impulse control



Environmental S



The Teenage Brain and Effects on Behavior

Amygdala



Emotional Responses:

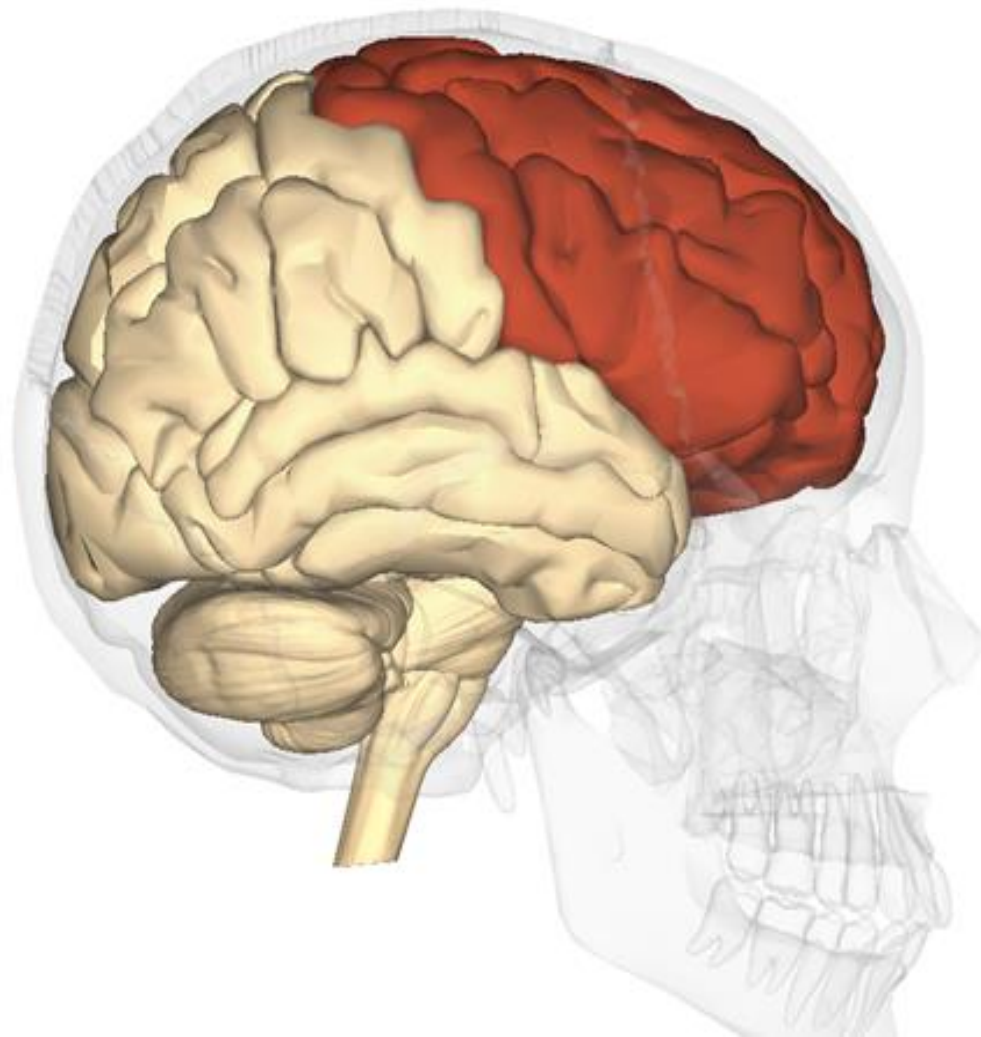
“Why are you walking away from me while I’m talking to you?”

Associated with emotional and “gut” responses

Teenagers often use this to interpret emotional information

Adults use the frontal cortex

****Changes & grows significantly through adolescence**



Prefrontal Cortex

Planning: “Why can’t you complete your homework before going outside ?”

“CEO of the brain”

Planning, strategizing, and judgment

Damage to this area in adults results in:

Loss of social skills

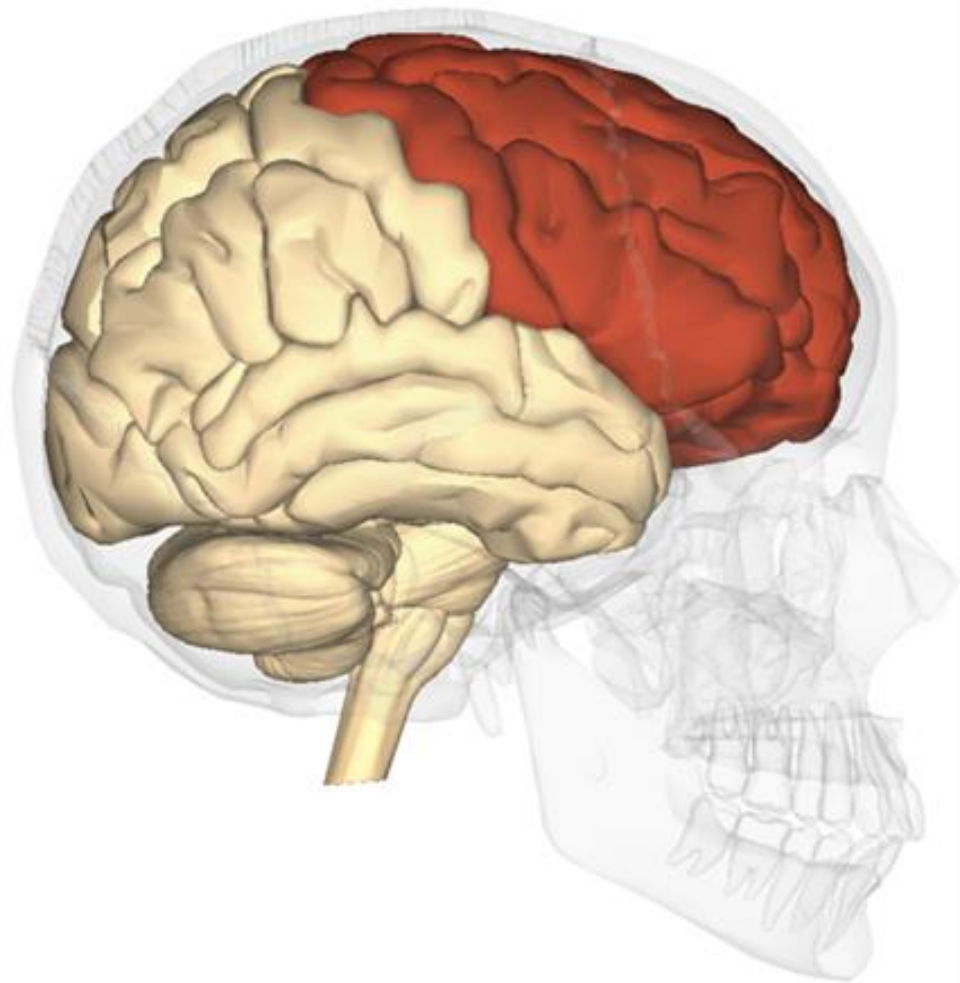
Making inappropriate comments

Difficulty grasping moral of story

Unable to plan ahead

Unable to work out consequences

****Changes and grows significantly through adolescence**



Prefrontal Cortex

Judgment: “I’m so tired of your poor decisions!”

Risk-Taking:

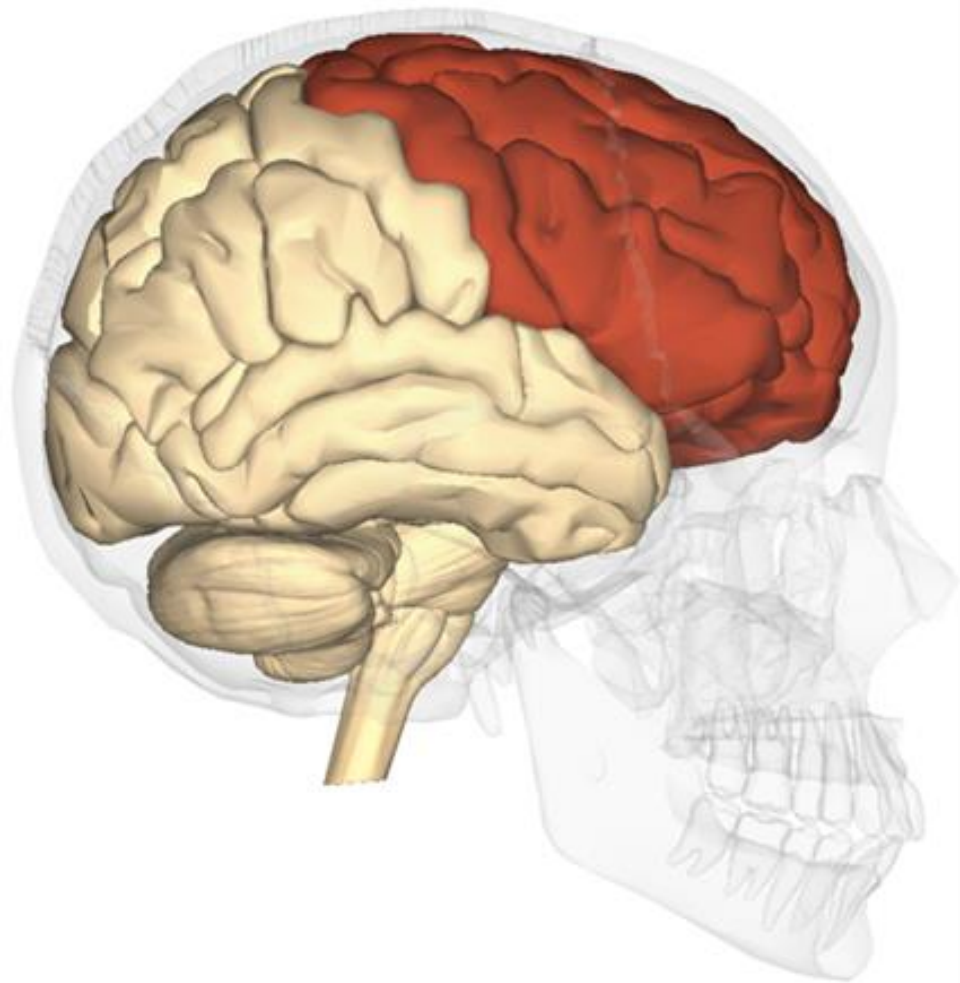
Can be positive and negative

Motivated to seek out new experiences, people, learning, and environments

Exploration: finding new interests and passions

Excitement for the world - innovation, creativity

****Changes and grows significantly through adolescence**



Prefrontal Cortex

Synaptic Pruning
and Myelination

Increased processing efficiency

“Specializing” the brain

More effective decision making

Strengthened connections

Motivation: “Why
won’t you just do what
I ask?”

The brain circuits involved in motivation and
decision-making are not fully developed

Benefits of Brain Changes

Optimal
state for
new
learning!



Turn and Share



What kind of things are you or your child's school already doing to support your child with these effects?



What else do you think might help?

Roles of the Parent

Your Evolving Role

Consider the influence of peers...

Parents' influence:

- Basic life values such as kindness, character
- Effort
- Work ethic, responsibility
- Adhering to rules and laws
- Decision-making
- Persistence, resilience
- Educational plans

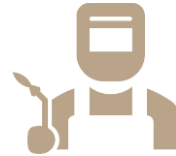
Key Thoughts



Relationship is critical to parenting AND to your teen's development



Maintain reasonable behavioral monitoring (gradual, developmental increases in freedoms and responsibilities)



Part of your job is working yourself out of a job – you want to raise independent people!

Possible Roles...



Observer



Advisor/Consultant/Guide



Negotiator



Director



Anchor

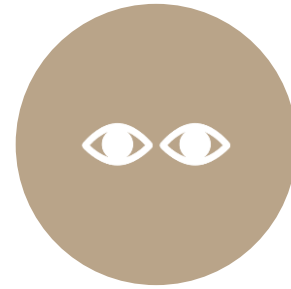
Observer



ACTIVE
LISTENING/SOUNDING
BOARD



LIMITED OPEN-ENDED
QUESTIONS OR
COMMENTS



WATCHING OR
“KEEPING AN EYE” ON
THE SITUATION

Advisor / Consultant / Guide



PROVIDING YOUR
THOUGHTS ABOUT A
SITUATION



LISTENING TO YOUR
ADOLESCENT'S
PERSPECTIVE,
CONCERNS



DISCUSSING
ALTERNATIVES,
OPTIONS



GUIDING/MODELING
OF ADULT
RESPONSIBILITIES/
BEHAVIORS

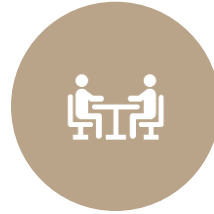
Negotiator



MODELING CONFLICT
RESOLUTION



BALANCING
ADOLESCENT'S
QUEST FOR FREEDOM
WITH FAMILY NEEDS,
PARENTAL
BOUNDARIES



SETTING TIMES TO
DISCUSS ISSUES OR
PROBLEMS



LISTENING TO YOUR
TEEN AND WORKING
WITH THEM TO COME
TO AN ACCEPTABLE
AGREEMENT

Director



OFTEN USED FOR
SAFETY/HEALTH
CONCERNS



MAY BE NECESSARY FOR
MORE SERIOUS
SITUATIONS



MAY BE USED FOR
SITUATIONS THAT
IMPACT OTHERS OR THE
ENTIRE FAMILY

Anchor



PROVIDE A
SENSE OF
STABILITY



GIVE TEENS
SECURITY, A
“SAFE PLACE” TO
GO



GIVE STABLE
CARING WITH
CONSISTENT
GUIDELINES



BE YOUR TEEN'S
“CHEERLEADER”



LOOK FOR THE
POSITIVES

Special Considerations: Transition Times

5th to 6th grade

Larger schools

More adults,
various
expectations

Increased social
complexity with
peers

Additional
academic and
organizational
demands

Personal
internal and
external changes

Exploration,
risk-taking
behaviors

Special Considerations: Transition Times

8th to 9th grade

Even larger schools

Challenges with becoming involved, connected with school community

Increased academic difficulties and pressure

Stress regarding the future

Increasingly complex social relationships and expectations

With increased freedom, more opportunities to engage in risk-taking behavior, potentially unhealthy choices

Strengthening Your Relationship With Your Teen

AVOID:

- Nagging
- Arguing
- Spur-of-the-moment problem discussions
- Lectures

Strengthening Your Relationship With Your Teen

CONNECT:

- Listening
- Conversation – not rapid-fire questioning
- Shared fun, experiences
- Positive encouragement and reinforcement

Turn and Share

Talk about one way you can connect with your teen this week.



THANKS!