

Survival Tips for Parenting Your Teen/Tween: Part II

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IRVINGTON NY PTSA

Some initial thoughts

Data and observations,
not judgments

There's no such thing as
the perfect parent

Discomfort doesn't mean it
shouldn't be happening

Children are Resilient

Adolescence

"the messy transition between adorable and
insubordination" - Eric Jensen

◊ G. Stanley Hall, 1904

◊ Age Range

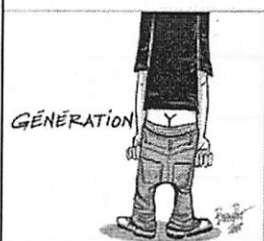
◊ Prefrontal Cortex and Limbic System

Adolescent Transitions

Puberty
 Elementary > Middle School
 Middle School > High School
 High School > College
 Disconnecting from parents
 Dating/Romantic Relationships
 Social media pressures
 Chemical substances
 Demands from school/activities
 Peer demands
 Driving

Who are the Millennials?

Born between early 1980s-2000s:
 Young Adults > Tweens



AKA:
 The "Y" Generation
 Internet Generation
 Texters
 Peter Pan Generation
 Generation.com

Millennials and Their Parents



Young Baby Boomers and Gen X
 Biggest Cheerleaders
 Supportive & Empowering
 Coddling & Enabling
 Economy
 Providers

Older Millennials & the Workforce

"The first and most important thing is to be explicit and willful in making the decisions about what you want to get out of this investment in your education."

— Laszlo Block, SVP at Google

"Over half of corporate recruiters say that it is difficult for their organizations to manage millennials because they lack problem-solving skills."

—Bloomberg Business Summit, Chicago, 2013

"Millennials value meaningful work 3 times as much as their managers while managers value high pay twice as much as millennials."

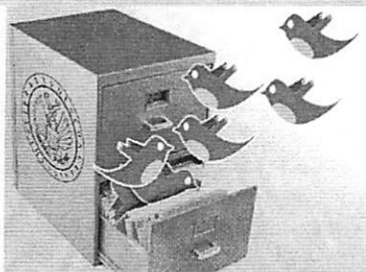
— Boston College, Center for Work and Family, 2012

"The Phone"

- 98% of older teens own smart phone.
- 1 in 5 communicate with parents while in school.
- Teens view their smart phone/cell phone as the key to their social life.
- Most say they can text blindfolded
- Most say that smart phones are the new form of entertainment
- Average teen sends about 100 texts per day.
- For teens, texting time has surpassed talking time.
- A rite of passage

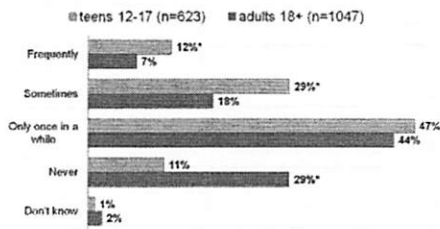
True or False?

The Library of Congress archives each Tweet sent by Americans



How often do you witness online cruelty and meanness?

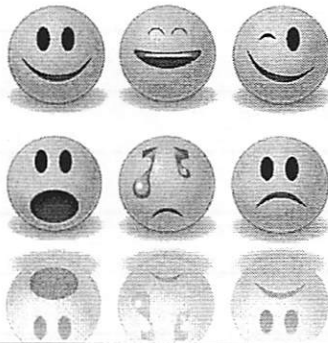
% of teen and adult social media users



* indicates a statistically significant difference between bars.
Source: The Pew Research Center's Internet & American Life Teen-Parent survey, April 19-July 14, 2011. n=799 for teens and parents, including oversample of minority families. Interviews were conducted in English and Spanish. Adult data from Pew Internet's August 2011 Tracking survey with adults 18+, July 23-August 26, 2011. n=1260.

How digi-talk effects communication

- Tone
- Body Language
- Words
- Emoticons
- Anonymity



The teenager and dating

Lust – testosterone
estrogen

Attraction – dopamine
norepinephrine

Attachment – oxytocin
serotonin
vasopressin



Teenagers are in lust and attraction

Welcome the boyfriend/girlfriend

Some Suggestions

1. Have empathy and hold them accountable
2. Use your words, not just facial expressions
3. It's not about you
4. It's more about their brains
5. Help them to prioritize
6. Disengage (you don't have to respond to every argument)
7. Communication (talk with them and listen)
8. Negotiation

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Web sites

www.nida.nih.gov

National Institute on Drug Abuse

<http://www.positscience.com/human-brain>

Excellent resource on the mechanics of the brain

<http://www.cyfernet.org/index.php?c=2>

Information on the enhancement of social competency and the reduction of risk behaviors among youth.

www.sleepfoundation.org

National Sleep Foundation

<http://www.nimh.nih.gov>

National Institute on Mental Health

www.dana.org

Organization that supports brain research through grants, publications, and educational programs.

<http://www.aacap.org/>

American Academy of Child and Adolescent Psychiatry

<http://site.educ.indiana.edu/Default.aspx?alias=site.educ.indiana.edu/cafs>

Center for Adolescent and Family Studies, Indiana University

<http://www.learner.org/courses/neuroscience/index.html>

Neuroscience and the Classroom

<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/>

PBS' in-depth look at the latest in neuroscience and adolescent development

<http://ngm.nationalgeographic.com/2011/10/teenage-brains/dobbs-text>

National Geographic's online magazine



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RESOURCES FOR PARENTS

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