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"I DON'T KNOW WHAT TO SAY...I DON'T KNOW WHAT THEY WANT"

Parenting & Communication With Adolescents

FORMAT:

Lecture and Discussion- Participants are encouraged to make the workshop more relevant to their concerns by asking questions.

DESCRIPTION:

Focus is on understanding dynamic issues in the parent-teen relationship: the intrapersonal, the interpersonal, developmental, and the system issues that can lead to conflict or cohesiveness between parent and teen. Addressed are the teen's emotional, psychological, social, and cultural needs as part of both the family community and of their adolescent community. Cultural failure and Family Values are examined as they fit and misfit the needs of teens. Effective and ineffective Parenting Styles and Communication are discussed.

SUMMARY OF CONTENT:

1) "FULFILLING OR FAILING?"

Identifying the Needs and Issues of Adolescence

How "Family Values" Fail Our Teens

Society - Adult Society - Teen Society

Traditional Culture - Adult Culture - Teen Culture

2) "YOU MEAN S/HE IS SUPPOSED TO ACT LIKE THIS!?"

Teenager- The Developmental Stage of Adolescence

Adolescent Egocentrism

3) "IT WAS SO DIFFERENT WHEN THEY WERE LITTLE!"

Family Dynamics With Teens in the House

4) "SO WHAT DO I DO?"

Authoritative vs. Authoritarian vs. Permissive Parenting

The Principle of Scaffolding

From Regulation to Co-regulation to Self-regulation

5) TAKING TURNS, SKIPPING TURNS, NOT TAKING YOUR TURN

When Attitude Begats Attitude...

that Instigates Attitude that Incites Attitude.....



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Principles of Strategic Family Therapy

6) The Bottom Line

As Aretha Franklin sings it, "R-E-S-P-E-C-T"

Communications Theory Applied to Parent-Teen Talk