

You can't PREVENT what you don't know!

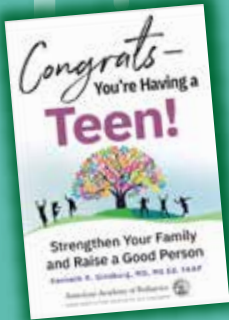
A WESTCHESTER VIRTUAL SPEAKER SERIES

PROTECTIVE POWER OF PARENTS AND CAREGIVERS TO KEEP YOUNG PEOPLE SAFE AND BUILD THEM TO BE THEIR BEST SELVES

“TIP” JAR

TAKE-AWAYS - INFORMATION - PROMPTS

LEARN MORE AT THE CENTER FOR PARENT AND TEEN COMMUNICATION



CHECK OUT DR. GINSBURG'S BOOK CONGRATS -YOU'RE HAVING A TEEN! HERE

Young people develop their identity in adolescence

- Most of their struggles are shaped by one of these questions:
 - Who am I?
 - Am I normal?
 - Do I fit in?
- The role of parents/guardians is not to answer the questions for them, but:
 - To be a guide as they discover themselves
 - To be an unwavering presence that says, “You’re OK just the way you are”

Young people thrive when they are raised with both love AND rules

- Being your child’s “friend” makes them worry about losing you. (After all, friends can drop you.) You won’t know when your child needs you most because they’ll withhold information that might upset you.
- “My way or the highway!”, makes them choose the highway. (You may never know because they’ll pretend they’re choosing your way.)
- Choose balance. You love without condition. But you protect because you love, and that means setting rules.

Young people can be as rational as adults, but only when adults know how to talk to them.

- When you stay calm, you help your child quiet their emotional brain and activate their thinking centers.
- When you listen, you stimulate their thought. When you talk – before being invited to do so – you communicate they lack wisdom.
- When you lecture, young people move into panic mode. Instead, guide them, a-step-at-a-time, to figure things out.
- Don’t make it personal, that makes adolescents defensive. Instead, talk about what other people do, and ask them how “they” could make wiser choices.

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