

The Georgia Parent Involvement Coordinator (PIC) Network



Parent Engagement Monthly Webinar: Make and Take Parent Workshops

**Thursday, February 23, 2012
Georgia Department of Education**

**Lakeita Servance, M.Ed
Parent Engagement Specialist**



Dr. John D. Barge, State School Superintendent
"Making Education Work for All Georgians"
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Overview

Make and Take Parent Workshops –

Helping Your Teen Cope with Peer-Pressure

AND

Communicating with Your Child and Teen



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Georgia Department of Education **Helping your Teen Cope with Peer-Pressure**

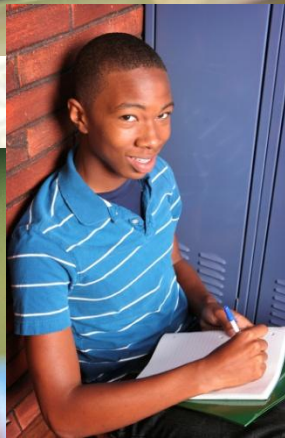


Parent Engagement Program Workshop Template



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What are the challenges teens face?



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Objectives:

- **IDENTIFY** forms of peer pressure
- **IDENTIFY** prevention methods that will help you prepare for these challenges

Ask Questions • Listen • Observe • Understand

- **DEVELOP** problem-solving strategies
- **DISCOVER** the personnel you need to talk to about receiving additional support



Forms of Peer Pressure

- Joining gangs and/or cliques
- Dating/Sex
- Spreading rumors and gossiping
- Cheating
- Wearing “name brand” clothing and/or revealing clothing
- Alcohol and Drug use/abuse
- Lifestyle choices



Gangs and Cliques

- Identity Crisis
- Protection outside the home/family environment
- Gain more respect from their peers
- Disconnected with their siblings and/or parents
- Dysfunctional home
- Lack of recognition
- Intimidation



Pressure to Date

- Everyone else is doing it!
- He/She really loves me!
- I am not a child anymore!
- I am ready to start my own family...
- Nobody understands me except for him/her.
- If I don't, people will think I'm weird.
- I get so lonely...
- I need someone to validate me.

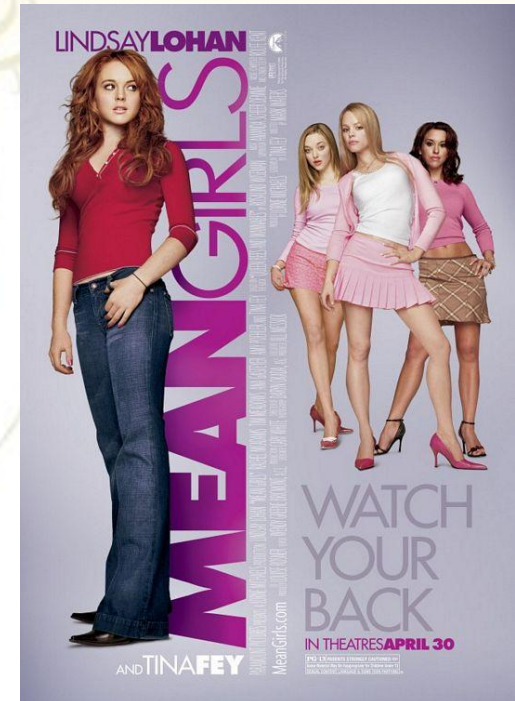


Guess what I heard...

Spreading Rumors and Gossip

BULLYING

- If I don't, they will talk about me instead...
- It's harmless, we just do it for fun...
- It's the truth!
- If it's juicy, I have to tell someone.
- They're my best friend, it's not like I'm telling a complete stranger



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Cheating

- Lack of preparation
- Lack of understanding assignments and materials
- Everybody does it!
- Pressure to be #1
- Disinterest in subject
- Misconceptions of what cheating is
- Laziness!



Name Brand / Revealing Clothing

- If I don't have the latest and the greatest, I'll get picked on.
- I don't want people to think I'm poor.
- It's what's in!
- The guys like it, they compliment me all the time.
- I feel more comfortable.
- You've always said I should be my own person, well this is who I am...
- I'm a trendsetter!



Alcohol/Drug Abuse

- Association
- Problems at home
- Depression
- Disconnect with life
- Stress-management
- Inadequate parental supervision
- Parent uses/abuses drugs and/or alcohol



Lifestyle Choices

- Identification Crisis
- Experimentation/Curiosity
- Trend
- Association
- Society/Media
- Environmental norms
- Lack of awareness
- Untold abuse history



Prevention Methods

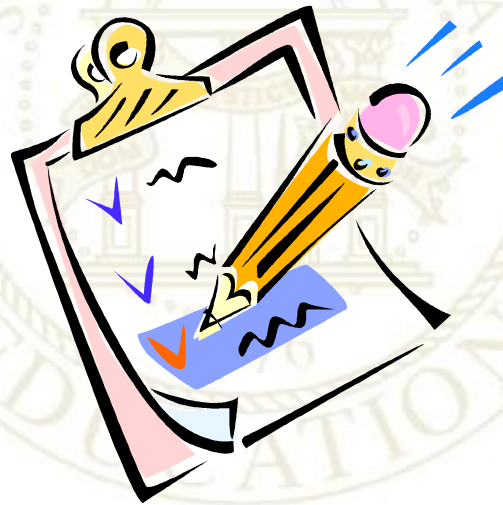
- Communicate
- Positive reinforcement
- Counseling services
- Have practice sessions on how to deal with different situations
- Listen
- Nurture strong self-esteem
- Instill strong values, standards and morals
- Plan family time and social events
- BE THERE



Cont'd.

Prevention Methods

Self-Analysis



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Problem-Solving Strategies

- Develop and encourage friendships with positive role models, mentors or older sibling(s)
- Get to know your child's friends and their parents
- Know where your child is at all times
- Encourage Independence- reinforce that being different doesn't mean being defiant
- Embrace diversity-help your child strive to have friends of all races, backgrounds, and social classes
- Praise/Teach assertiveness
- Discipline accordingly-natural consequences come along with certain behaviors



Additional Support and Resources

- Social Worker
- Mental Health Professional
- School Counselor
- Faith-Based Organization (FBO)
- Principal
- Relatives
- Mentor
- Programs/Clubs



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Peer Pressure Resources:



- Parent Education
<http://www.parenting-ed.org>
- Preventing the Negative effects of Peer Pressure
<http://www.life123.com/parenting>
 - Teens and Peer Pressure
<http://www.parentingateenager.net/teensandpeerpressure.html>



Georgia Department of Education

Communicating with Your Child and Teen



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Objectives

- **DEFINE** communication
- **IDENTIFY** barriers in communication

Ask Questions • Listen • Observe • Understand

- **REVIEW** the research
- **DISCOVER** innovative ways to communicate with your child



Communication is...



- A basic skill learned by observing other people and modeling behaviors based on what we see.
- The exchange of information which involves listening as well as speaking.
- A connection allowing access from one person to another.



Common Barriers in Communication

- Burst of anger
- Negative body language
- Interrupting
- Distractions
- Lack of empathy



cont'd.

Barriers



- **Burst of anger-** is one of the top reasons children do not communicate with parents. Children and teens often shut down and start tuning parents out at this point.



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cont'd.

Barriers

- **Negative body language**-children are able to read our body language and determine what our reaction is going to be towards them.



cont'd.

Barriers



INTERRUPTION

- **Interrupting**-as the authority figure, parents are prone to interrupt their children as soon as they hear something alarming.

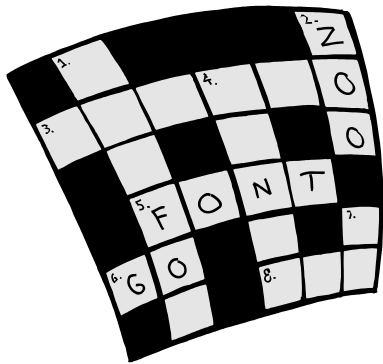


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cont'd.

Barriers

- **Distractions**-it is important to give your child your undivided attention when they are trying to talk to you.



cont'd.

Barriers

EWBVLHY
EMPATHY

- **Lack of empathy**-we must empathize with our children and take a moment to reflect on our youth to better understand them. This will help our children build confidence in us.



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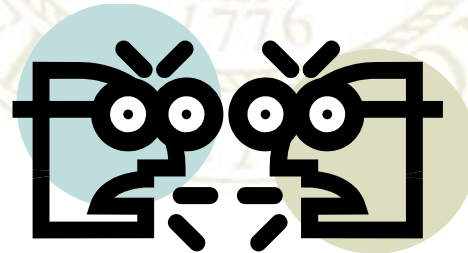
Fact #1

Communication between parent and child is crucial to a child's sense of safety, trust, self-esteem and power.



Fact #2

All behavior-whether positive or negative- is a form of communication.





Fact #3

Research shows that positive communication between parents and their children can help young people establish individual values and make healthy decisions.



Innovative Techniques to Enhance Communication!

- Role play with your child and switch places.
- Encourage your child to write you a letter if they don't know how to approach you with a situation. Tell them that you will write them back and then you all can discuss the matter in person once the ice is broken.
- Praise your child constantly to build them up!



cont'd.

Innovative Techniques to Enhance Communication!

- Treat your child like a true friend and be completely honest. “No beating around the bush.”
- Relate personal experiences that are similar to their situation so they can recognize that you have been through many of the same things they are experiencing.
- LISTEN, LISTEN, LISTEN- you will not know how to respond to complex situations if you don't listen.



70 Questions Parents Can Ask After “What Happened At School Today?”



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Communication Resources:

- Effective Communication with Children

<http://www.dcsf.gov.uk/everychildmatters/strategy>

- Barriers to Communication

<http://disputeresolution.ohio.gov/schools/contentpages/barriers19.htm>

- What Is Communication?

<http://www.natcom.org/nca/files/ccLibraryFiles/FILENAME/000000000157/Pathways%20Excerpt.pdf>



Monthly Webinar Series Continues...



**Thursday, March 29, 2012
9:30 am – 11:00 am**

Promising Parent Engagement Practices in Action- Conversations Centered on Student Success

- **Elbert County School District**
- **Troup County School District**
- **Wayne County School District**



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Open for Questions

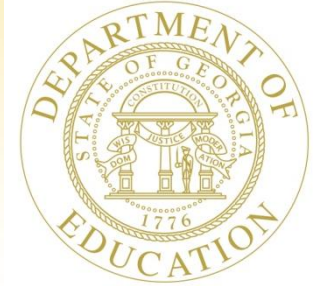


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