

SEX DRUGS AND ROCK+ROLL ...AND OTHER THINGS THAT GO BUMP IN THE NIGHT

with JULIE METZGER RN, MN.

Tasks of Adolescence:

- Emotional – Control
- Physical – Confidence
- Cognitive – Competence
- Social – Community

Female Puberty

Between the ages of 8-15 girls will:

- Grow from 2-10 inches
- Gain 15-55 pounds
- Grow breasts
- Develop body odor and pimples
- Grow underarm and pubic hair
- Start their periods

Male Puberty

Between the ages of 8-18 Boys will:

- Grow an average of 4 inches a year
- Gain 15-75 pounds,
- Have testicle and penis growth
- Develop body odor and pimples
- Grow facial, underarm and pubic hair
- Have voice changes

Brains are wired to:

- Seek Pleasure/Avoid Pain
- Seek Approval/Avoid Disapproval
- Seek Connection/Avoid Disconnection
- Under stress – Fight-Flight-Freeze

Mature decision-maker:

- Autonomy in a Group
- Perspective of Time and Others
- Impulse Control

Girls:

- Girls often use words to define relationships.
- Sometimes girls choose relationships over feelings – controlling emotions to preserve friendships.

Boys:

- Behind boys' arguments and putdowns is a complicated social system in which friendships are deeply valued.

Empathy, Experiences, Example:

- We learn through Experiences and by Example. Offering Empathy sends the message that your child is *Heard, Understood, and Valued.*

Emotion Coaching:

- Empathetic response – define emotion
Goal: To be heard
- Opportunity to come up with an action plan
Goal: Pause before you act
- Visualize the consequence of their actions
Goal: Anticipate the outcome

Emotion Coaching Toolkit:

- It is hard to come up with an Action Plan until your Feeling has been acknowledged
- Kids who can come up with their own Action Plan are building skills – you are the Coach
- Strong decision-makers are pretty accurate at predicting the consequences of their Actions

A Compliment Sandwich:

- Observation that is authentic and attached to your child's emotion or effort or shared goal
- The MEAT of the sandwich – a truth tied to the conflict or a place of improvement
- Reaffirm an authentic effort or observation relevant to this moment

For more information:

- www.varsanetwork.org
- www.greatconversations.com

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Books for Parents

- Ackerman, Mary Alice. Conversations on the Go - Clever Questions to Keep Teens and Grown-Ups Talking. Search Institute, 2004.
- Gottman Phd, John, and Joan Declaire. The Relationship Cure: a 5 Step Guide to Strengthening Your Marriage Family and Friendships. Three Rivers Press, 2001.
- Hemmen, Lucie. Parenting a Teen Girl. New Harbinger Pub. 2012.
- Kastner, Laura PhD and Jennifer Wyatt. Getting to Calm. Parent Map, 2009.
- Roffman, Deborah M. Sex and Sensibility: the Thinking Parent's Guide to Talking Sense About Sex. Perseus, 2001.
- Walsh Phd, David. Why Do They Act That Way? a Survival Guide to the Adolescent Brain for You and Your Teen. Free P, 2005.
- Wiseman, Rosalind. Masterminds and Wingmen – helping our boys cope with schoolyard power, locker room test, girlfriends, and the new rules of boy world. Harmony Books, 2013.

Websites and Blogs:

- Center for Young Women's Health – Boston Children's Hospital <http://youngwomenshealth.org>
- Center for Young Men's Health – Boston Children's Hospital
- <http://youngmenshealth.org>
- Talking to teens about alcohol and marijuana <http://starttalkingnow.org/parents>
- Developmental approaches to conversations about sexuality, sex,
- http://www.siecus.org/_data/global/images/guidelines.pdf
- Marijuana <http://www.drugfree.org/MJTalkKit/>
- Alcohol <http://starttalkingnow.org/parents/resources/alcohol>
- Mind Positive Parenting <http://drdavewalsh.com>
- Lisa Damour <https://www.drlisadamour.com>
- Girls Leadership <http://girlsleadership.org>