The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The main title is centered in a large, bold, black, sans-serif font.

EMPOWERING YOUR TEEN(S) TO REACH THEIR FULL POTENTIAL

PRESENTED BY:

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HOW DID WE GET HERE?

The Evolution of Adolescence

- The separation of teens from adults (education and legal system)
- Time in school has continued to extend




Evolution Continued..

- A confusing time: Mind and body are telling you one thing while society is telling you another
- Creating a culture of peer influence
- The possible over restriction of teens
- Academic success and safety at the expense of development





BIG PICTURE-OUR JOB

- OUR RESPONSIBILITY AS A PARENT
 - **BUILD AND DEVELOP** A RELATIONSHIP
 - **GIVE** SUPPORT AND GUIDELINES VS CRITICISM
 - **BELIEVE** IN THEM TO SUCCEED
 - **TALK** WITH YOUR TEEN ABOUT THEIR WORLD
 - **LISTEN** ATTENTIVELY AND SPEAK LESS
- 


WHY YOU SHOULD EMPOWER YOUR TEEN?

EMPOWERMENT IS:

- GIVE THE AUTHORITY OR POWER TO DO SOMETHING
- MAKE SOMEONE STRONGER AND MORE CONFIDENT, ESPECIALLY IN CONTROLLING THEIR LIFE AND CLAIMING THEIR RIGHTS
- TO INFUSE WITH POWER OR ABILITY



HOW DO I EMPOWER MY TEEN?

- TRUST THEM-WE MUST LET THEM FAIL TO SUCCEED
 - LET THEM MAKE DECISIONS ON THEIR OWN
 - LET THEM EXPERIENCE NATURAL CONSEQUENCES
 - TEACH THEM ABOUT GOOD JUDGEMENT (FRIENDS, HABITS, CHOICES ETC)
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AS A PARENT HOW ARE YOU EMPOWERING YOURSELF?

- WHAT DOES WORK/LIFE BALANCE LOOK LIKE DAY TO DAY?
 - HOW DO YOU MODEL "TAKING PERSONAL RESPONSIBILITY" TO YOUR TEEN?
 - WHAT CONTRIBUTES TO YOUR SENSE OF IDENTITY? WHAT ROLE DOES YOUR TEEN PLAY?
 - WHAT ARE YOU DOING TO COPE / MANAGE DIFFICULT EMOTIONS SUCH AS STRESS, ANGER OR SADNESS?
 - ARE YOU PRACTICING SELF CARE ON A REGULAR BASIS? (SLEEP, DIET, EXERCISE, HOBBIES, FUN)
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