

DISCUSSION GUIDE

Active Parenting of Teens Video 1: The Active Parent

The Purpose of this Video

This “Video Library” version of the award-winning Active Parenting of Teens group discussion program is designed for parents to view either on their own or in a facilitator-led group. The following questions can be used to assist in facilitating group discussion. Most of the questions are designed to aid parents in applying the information in the video to their own lives. Ask as many questions as time allows, and feel free to modify these questions to best suit your audience.

Experience has shown that parents who read the accompanying *Active Parenting of Teens (3rd Edition) Parent’s Guide* will best be able to utilize the skills presented in the video.* However, when this is not possible, passing out the enclosed review brochures will help. (Permission is granted to photocopy the brochures and this Discussion Guide.)

Leading a Group Discussion

Introduction:

Introduce the video by asking a few questions, such as:

- The video we’re about to watch is about “styles of parenting.” What do you think this term means?
- Have you ever wondered why you discipline the way you do?
- Have you ever wondered if there were better ways to discipline?

Video and Discussion:

Play the video and follow with questions such as these:

1. How many of you sometimes feel that your little children have changed into these...“teens” almost overnight?
2. What makes parenting teens so challenging?
3. What makes being a teen in today’s society so challenging?
4. What are some of the qualities of character that you would like to instill in your teens to give them the “ballast” that Dr. Popkin talked about to help them succeed in today’s society?
5. Although the video clearly makes the case for the Active style of parenting, there are some positive aspects of the Dictator and Doormat styles. In fact, the Active style takes the best from both extremes. What’s good about these styles?
6. Why is the Active style better for our society than the Dictator or Doormat styles?
7. Which style do you use most often? (Note: Let parents know that there is a free online survey they can use to assess their parenting styles at www.ActiveParenting.com)
8. We’ll be learning the Active style of parenting during this series. How many of you are already using Active parenting some of the time? (Get a show of hands.) Good, we can build on this.
9. Why is the concept of “freedom within limits” so important for parenting in modern democratic society?
10. Why is it important to give teens choices?
11. What are the three biggest challenges facing teens today? (drugs, sexuality, and violence)
12. What are your fears about drugs, sexuality, and violence for your teens?

Closing:

In this series, we’ll be learning ways to help you help your teen avoid these risks while you learn to be an Active parent. Our next session will focus on the important topics of communication and cooperation. I look forward to seeing you then.

* *Active Parenting of Teens (3rd Edition) Parent’s Guides* may be ordered by calling 800-825-0060 or at www.ActiveParenting.com.