

DISCUSSION GUIDE

Active Parenting of Teens Video 4: Building Courage, Redirecting Misbehavior

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:

- Who has had success with the effective discipline skills we learned last week?
- The video we’re here to watch is about building courage in our teens. Why is courage an important quality to instill?
- The video is also about “redirecting misbehavior.” What connection do you see between courage and misbehavior?

Video and Discussion:

Play the video and follow with questions such as these:

1. Now that we’ve seen the video, let me ask you again: why is courage such an important quality to instill?
2. Have any of you ever held back from trying something that could have been good for you because you were afraid of failure? Or maybe you went along with the crowd because of fear of rejection?
3. Can you remember a time in your teen years when someone offered you the encouragement you needed to tackle a difficult task?
4. How does the Think-Feel-Do Cycle work? How did it work for Matt and Julie?
5. How do courage and self-esteem help a teen get out of a failure cycle or into a success cycle?
6. What are the four ways that parents often discourage teens? (expecting too much, expecting too little, focusing on mistakes, and overprotecting)
7. What are some examples of how you’ve done some of these with your own teens?
8. Instead of discouraging our teens, how can we encourage them? (build on strengths, show confidence, value them for who they are, and stimulate independence)
9. What are the five goals of behavior that all teens share? (belonging, power, protection, withdrawal, and challenge.)
10. What is the difference in how teens approach these goals when they feel either encouraged or discouraged?
11. What are the key strategies for avoiding or getting out of a power struggle with a teen? (Don’t fight and don’t give in.)
12. What did you like about the Problem Prevention Talk vignette? What would you like to talk about with your teens?
13. The Family Enrichment Activity this week is about teaching skills. What is something that you can teach your teen this week?

Closing:

I’d like to invite each of you to write about three instances this week that you encourage your teen instead of discouraging her. This will help set the foundation for our next video, in which we will tackle the critical issues of drugs, sexuality, and violence. You can read up on it in Chapter 5 in your Parent’s Guide. Have a great week..

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