

Self-Esteem:

A person's opinion of him or herself

Courage:

The confidence to take a known risk for a known purpose

From the French



meaning "heart"

Encouragement

Learn to recognize ways in which you may be discouraging your teen, and *encourage* her instead. Practice these four methods of encouragement:

Discouraging Events	Encouraging Events	How to Encourage
Focusing on mistakes	Building on strengths	<ul style="list-style-type: none"> ■ Use the BANK Method.
Expecting too little	Showing confidence	<ul style="list-style-type: none"> ■ Give responsibility. ■ Ask teen's opinion. ■ Avoid taking over. ■ Expect success and positive behavior.
Expecting too much	Valuing your teen as-is	<ul style="list-style-type: none"> ■ Separate worth from accomplishments. ■ Separate worth from misbehavior. ■ Appreciate your teen's uniqueness.
Overprotecting and pampering	Stimulating Independence	<ul style="list-style-type: none"> ■ Avoid solving your teen's problems. ■ Encourage a sense of independence. ■ Let natural consequences teach.

Supplement this video with the Active Parenting of Teens Parent's Guide

The 256-page Parent's Guide is a unique how-to book that provides:

- in-depth information about the Active style of parenting and complete explanation of skills taught in the videos.
- insight into today's teen issues such as online behavior, bullying, peer pressure, and gangs.
- valuable strategies for preventing high-risk behavior around drugs, sexuality, and violence.
- examples, charts, memory tools, and activities to help you put your new parenting skills into action.

...and much more!

GO ONLINE FOR MORE!

Continue your Active Parenting experience at www.activeparenting.com/ParentingTeens for the latest in parenting news.

Active Parenting has created a special place on our Web site just for parents of teens! The Parenting Teens page provides parents with information on topics that concern you and your teen. Plus, you'll have the opportunity to communicate online with other parents who share your experiences and concerns.

The Parenting Teens page gives you access to:

- dates and locations of upcoming Parenting Workshops in your area.
- a list of resources to point you in the right direction when you need more information on teen issues.
- a quiz to determine your parenting style.
- a Parents' Discussion Forum.
- a Parents' Bookstore with lots of useful resources and fun stuff.



www.ActiveParenting.com • (800) 825-0060

© 2009 Active Parenting Publishers. Permission granted to reproduce for use only with Active Parenting of Teens program.

APP
Video
Library

Active Parenting
of Teens :)
third edition

VIDEO 4:

Building Courage, Redirecting Misbehavior

BY MICHAEL H. POPKIN, PH.D.

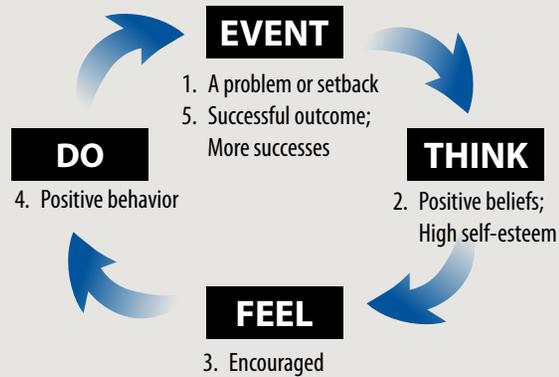
The Think-Feel-Do Cycle

A teen's thoughts affect her feelings, which affect her behavior. When a teen has high self-esteem, she has the courage to pursue her goals using positive behavior.

High Self-Esteem → *Courage*

Positive thinking and behavior lead to more successes:

SUCCESS CYCLE

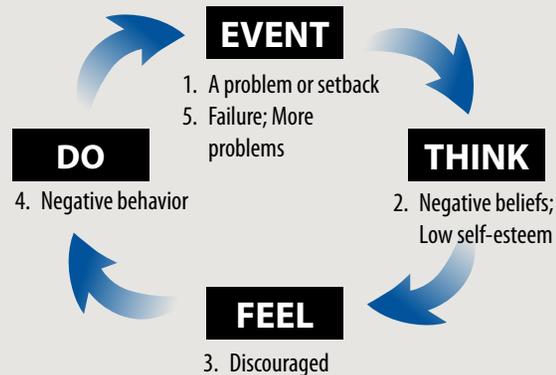


The opposite is also true: When a teen has low self-esteem, she feels discouraged and often turns to negative approaches to her goals.

Low Self-Esteem → *Discouragement*

Negative thinking and behavior lead to more failures:

FAILURE CYCLE



The 5 Goals of Teen Behavior

Five goals govern most teen behavior:

- Belonging
- Power
- Protection
- Withdrawal
- Challenge

Teens who lack courage and self-esteem often take negative approaches to their goals. To redirect your teen from a negative approach to a positive approach:

1. **Avoid "paying off" misbehavior.** If you give your teen what he wants, he'll learn that negative behavior works, and he'll see no reason to change his approach.
2. **Encourage, encourage, encourage!** A teen who feels supported is more likely to risk taking a positive—but more difficult—approach to his goals.

Teen's Goal	Teen's Positive Approach	Teen's Negative Approach	How to Redirect Teen's Behavior
Contact/Belonging	Contributing, Cooperating	Undue attention-seeking	Ignore the behavior. Give the teen full attention at other times. Use logical and natural consequences. Act more; talk less.
Power	Independence, Competence	Rebellion	Remove yourself from the conflict. Talk about it after a cooling-off period. Don't fight or give in. Use the FLAC Method.
Protection	Assertiveness, Promoting justice, Forgiveness	Revenge	Refuse to be hurt. Withdraw from the conflict. Show love to a vengeful teen. Avoid temptation to hurt back. Use the FLAC Method.
Withdrawal	Appropriate avoidance	Undue avoidance	Be patient. Find ways to encourage. Use the BANK Method.
Challenge	Safe adventures	Thrill-seeking	Avoid getting angry. Use respectful discipline. Find safer challenges.

Family Enrichment Activity: Teaching Skills

Learning a new skill will empower your teen, building confidence and high self-esteem that helps prepare her for independent living. The power she gains will reduce her need to rebel, and if you're the one doing the teaching, this activity has the double benefit of strengthening your relationship. For the most effective lesson, choose a skill that will be fun for both of you, and use the following tips.

- Motivate. Encourage your teen to want to learn the skill by explaining its value.
- Select a time when neither of you will be rushed.
- Break the skill down into small steps.
- Demonstrate, explaining each step clearly.
- Let your teen try. Offer help if she needs it.
- Encourage, encourage, encourage!
- Work or play together so that you can both enjoy the benefits your hard work.