

Survival Tips for Parenting Your T(w)een: It's All in Their Heads!



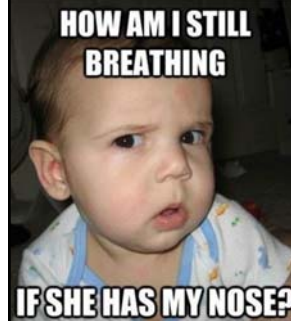
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HOULIHAN
EDUCATIONAL CONSULTANTS

HELPING PARENTS, TEENS, AND
SCHOOLS TO MAKE SENSE
OF ADOLESCENCE

Some initial thoughts



Data and observations, not judgments

There's no such thing as the perfect parent

Discomfort doesn't mean it shouldn't be happening

Children are Resilient

You Need a Sense of Humor!

Adolescence

“the messy transition between adorable and insubordination” - Eric Jensen

◇ G. Stanley Hall, 1904

◇ Age Range?

Tip #1

• Their lives are changing...rapidly!



“The Umbilical Cord”

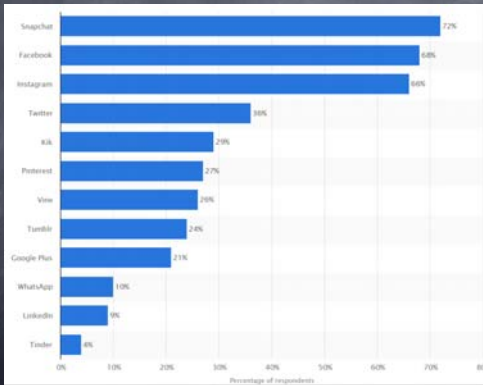
- 99% of teens own a smart phone.
- 1 in 5 communicate with parents while in school.
- Key to their social life.
- Most say they can text blindfolded
- Form of entertainment
- Average teen sends about 150 texts per day.
- Surpassed talking time.
- They can survive without it for a while.

True or False?

The Library of Congress archives each Tweet sent by Americans

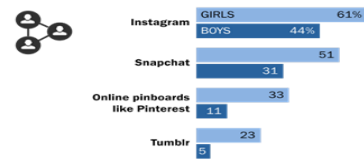


What's the most popular?



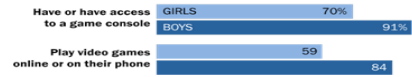
Girls Dominate Visually-Oriented Social Media Platforms

Percent of girls and boys who use ...



Boys Are More Likely to Play Video Games

Percent of girls and boys who ...

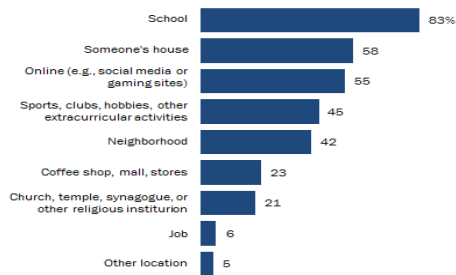


Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and Feb. 10-Mar. 16, 2015. (n=1,060 teens ages 13 to 17).

PEW RESEARCH CENTER

School, Someone's House and Online Platforms Are Top Places Where Teens Hang Out With Close Friends

% of teens who regularly spend time with their closest friend at the following locations



Source: Pew Research Center Teen Relationships Survey, Sept. 25-Oct. 9, 2014, and Feb. 10-March 16, 2015. (n=1,009 teens with a close friend.)

PEW RESEARCH CENTER

Who's making them upset online?

- 42% of middle schoolers report having a serious conflict with someone online each month
- 56% of respondents said it was with their close friends
- 48% schoolmates
- 37% former romantic interests
- 33% strangers
- 21% current romantic interests

Divide between colleges and applicants

- 35% of college admissions officers "Google" applicants
- 40% search applicants' social media accounts
- 50% of high school students say they aren't concerned with their online behavior

Kisspeptin



- Precursor to puberty
- Body mass where fat percentage is 22-24
- Average female model in US has 10-12% body fat
- Cheryl Tiegs, Cindy Crawford, and Elle MacPherson would all be plus-size models

Transitions in Environment

- Puberty
- Elementary > Middle School
- Middle School > High School
- High School > College
- Disconnecting from parents
- Dating/Romantic Relationships
- Social media pressures
- Chemical substances
- Demands from school/activities
- Peer demands
- Driving

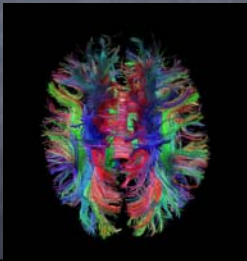
Cognitive Distortions in Adolescence

- Egocentrism & Elkind
 - Imaginary audience
 - Personal fable



Tip #2

- Their brains just aren't there...yet



Brain Facts

- Two regions
- PFC and Limbic System
- Some myths
 - Left-brain/right brain
 - We only use 10%
 - What type of learner are you?

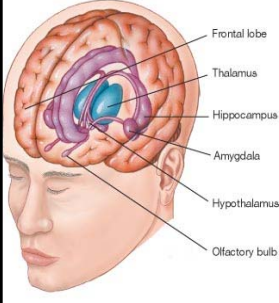
Reading Faces



What emotion is this?



Limbic System

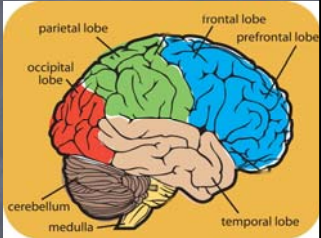


Hypothalamus
Releases hormones

Amygdala
Emotions

Hippocampus
Memory

Pre-Frontal Cortex

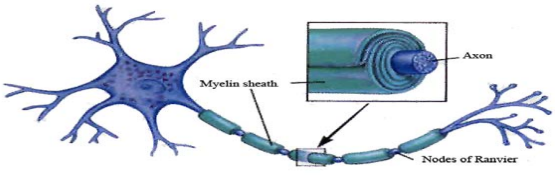


- CEO of the brain
- Planning
- Time Management
- Organization
- Working memory
- Metacognition
- Mood awareness

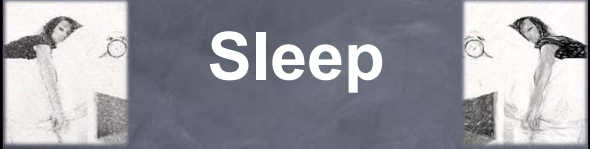
✓ PFC is among the last parts of the brain to fully develop
(Ramowski & Nystrom, 2007).

Gray Matter and Myelination

- During the middle school years, most children experience a surge in gray matter.
- The majority of myelination occurs during the high school years.
- As a teen develops, her ability to execute tasks increases.



Sleep



National Sleep Foundation... "Sleep in America"

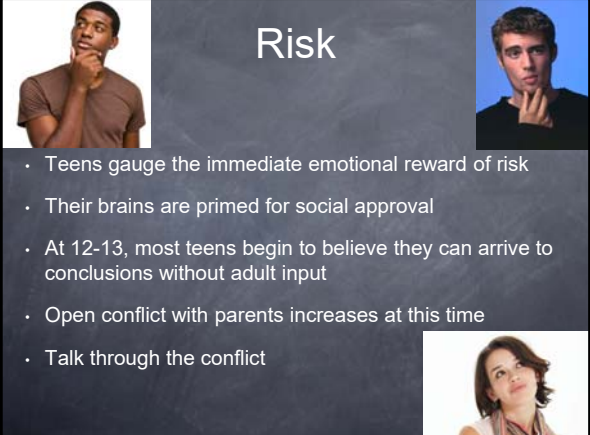
- What is optimal sleep time for 13-18 year olds?
- 20% get nine or more while 60% get less than 8 hours
- So, 53% nap on weekdays and 50% drink 3 or more caffeinated beverages per day.
- ADHD PET Scans, Judith Owens, MD
- Minnesota Schools

NSF: Sleep and Technology: 13-18 year-olds

Within one hour of falling asleep...

- 86% are watching TV
- 77% are on computers
- 65% are texting on smartphones
- 30% are playing video games
- 20% are woken up during sleep from smartphones

Risk



- Teens gauge the immediate emotional reward of risk
- Their brains are primed for social approval
- At 12-13, most teens begin to believe they can arrive to conclusions without adult input
- Open conflict with parents increases at this time
- Talk through the conflict

Tip #3

- It's not about you...so don't take it personally



Allopregnanolone - HTF



Tip #4- Don't respond to every argument

- You probably need your own time-out
- The louder their voice is, the softer your voice should be
- Invite them back to discuss when they're calm
- Remember, open conflict is good



Tip #5

- Listen to them and talk with them



Final Notes

- If their behavior is really concerning, reach out to the school counselor or a mental health professional
- Family time (like dinner) is crucial
- Do fun things (on their terms) with them on occasion
- Your job is to get them to become to be independent
- Be friendly, but not their friend.
- You got through it, too.

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