

Welcome To ParentTALKS

Raising a Middle School Son!

Middle School Philosophy

“Adolescence is that period in your life when parents become more difficult” Ryan O’Neal

We all share a common understanding of what it means to be a teen-Have you met Kevin the Teenager! Thank you Mark Brown.

<https://www.youtube.com/watch?v=dLuEY6jN6gY>

The Changing Teenager

○ Physical changes

- Occurs anywhere between the ages of 10-15
- Growth spurt, hormonal changes, increase in testosterone, hair, etc.....
- Voice deepens (which explains why they talk less)
- Body odor, sweat glands expanding leading to oilier skin and acne
- Brain growth - no not debatable!
- They feel awkward
- See Born to Learn clip

○ Mental Changes

- Desire to establish themselves as independent thinkers. Will challenge the alpha whoever that may be.
- Hormonal effect can impact mood
- Brain growth leads to a greater capacity to analyze, critique, question etc...although a pain not necessarily bad.
- They think they are awkward

<https://www.youtube.com/watch?v=falHoOEUFz0>

Peer Pressure

- “I can not be the same person at school as I am at home”-Anonymous teen
- Fear of appearing foolish or act in a way that would be criticized or ridiculed by others
- Actively seek to avoid being humiliated or embarrassed in one or more social or performed situations.
- School yard culture takes over-unique to each school. Strength in numbers
- Parental influence diminishes over time. Don't worry they still love you.....they might not like you, but they do still love you!

Bullying vs Conflict

- Bullying must involve three things:
 - 1) Imbalance of power
 - 2) Continuous
 - 3) Intent to hurt
- Olweus Program in place .
- Conflict is natural and will occur
- Teach them the skills to be able to deal with conflict

What Can Parents Do?

- ◉ Be honest with you sons, don't wait - we live in a world where information is at the touch of a finger.
- ◉ Make time for them as an outlet. Sometimes you may be the shoulder to cry on but more often the punching bag
- ◉ Provide affirmation in accepting them for who they are and develop their basic skills to cope with conflict and bullying-assertive skills: body language, tone of voice, facial expressions essentially how to deliver a clear message.
- ◉ Let them win once in awhile and failure is okay and a valuable learning tool.
- ◉ Know who their friends are. They are a reflection of your son.
- ◉ Reward them but don't use incentives. "If you want your child to improve, let them overhear the nice things you say about them to others" Dr. Haim Ginott