



PARENTS USE YOUR POWER

February 2017

**100%
Have the
Power of
Choice**

**Snowball
Spring '17**

**Chase the
Sun**

*For more info
about the
event, go to
snow.360youth*

**Conversation
Starter of the
Month—
“Do you think
of change as
an annoyance
or an
opportunity?”**

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Helping your Teen Deal with Changing Circumstances

Changing circumstances are part of life. However, that doesn't mean you or your teen are a victim of circumstance. Your attitude and perceptions are something you create. You always have a choice. This is something worthwhile to share with your teens. The teen years are full of challenges such as figuring out how to deal with powerful emotions, how to fit into a complex social network and how to plan a future (among other things). Teens look to you for guidance.

Everything changes when we learn to see life's challenges in a whole new light. What if we could learn to see them as highly beneficial experiences, or adventures in learning? Too often we view a change as an irritating annoyance, when in fact it may hold a great opportunity to learn and grow! If we start asking ourselves, "What I can learn from this experience?" it immediately puts a positive spin on the situation. It allows us to learn something worth appreciating about our choice. [We may have made a mistake, but can learn from it.](#)

We are strong and capable. One major reason why a change might intimidate us is because we don't feel capable of handling it. We might have a limited perception of our own abilities, so we automatically believe that the challenge is bigger than we are. If we learn to see each challenge as an opportunity to become stronger and more capable, everything changes. We can use changing situations to unlock our untapped strengths and abilities. Each time we do this it [will increase our confidence](#) until we begin to see most challenges as opportunities to harness our personal power to an even greater degree.

[Parents play a huge role in how your teens see change.](#) If they view it as an opportunity or a disadvantage is something you can model in your own life. **Be open to discussing values, even when your teens question yours or disagree.** That challenge means they are starting to think for themselves, not that they are rejecting everything you think is important.

Even though we might believe that our goals only affect us personally, that is rarely the case. What we do, how we think and feel, and our course of action has an impact on those around us. Not only do our teens watch the things we do and how we live our life—they often model their own behavior after ours. If you refuse to let challenges intimidate you or slow you down, you just might inspire and motivate your teens to do the same when they face obstacles of their own.

Sometimes, just being willing to recognize that change may not be such a bad thing can be enough to help us realize all kinds of benefits from it.

Parent Tips to Navigate Changes with Your Teen:

- ◇ Don't expect perfection. It is through mistakes, missteps and experimentation that we learn and grow. Change can be more difficult for some teens than for others.
- ◇ Be a good listener and allow for face to face time. We can learn together to navigate and limit use of electronic devices, to keep from crowding out the face-to-face time we all need.
- ◇ Expect your teen may become sensitive to how he or she looks. Don't make derogatory remarks about your teen's appearance. It is one way he can express himself.
- ◇ Understand the importance of friends to your teen. Don't put your teen's friends down. He will defend them. If you have worries about his peers, state them calmly.
- ◇ Don't base your parenting decisions on what other parents are doing. Decide what you think is best. Discuss your values with your teen.
- ◇ Don't sweat the small stuff. Save your relationship capital for the important issues.
- ◇ Try to see things from your teens perspective. Avoid power struggles.

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