

# TAMING YOUR TEEN



# Tame means to be.....



- **Not dangerous**
- **Gentle**
- **Happy around people**
- **Domesticated**

# Tame does not mean.....



## TO CONTROL



# POLL

**Is it a myth  
you can  
“control”  
your Teen?**



# It is a myth you can control your teen

**Your teen must be  
willing to be  
“controlled”  
Because they  
value .... ???**

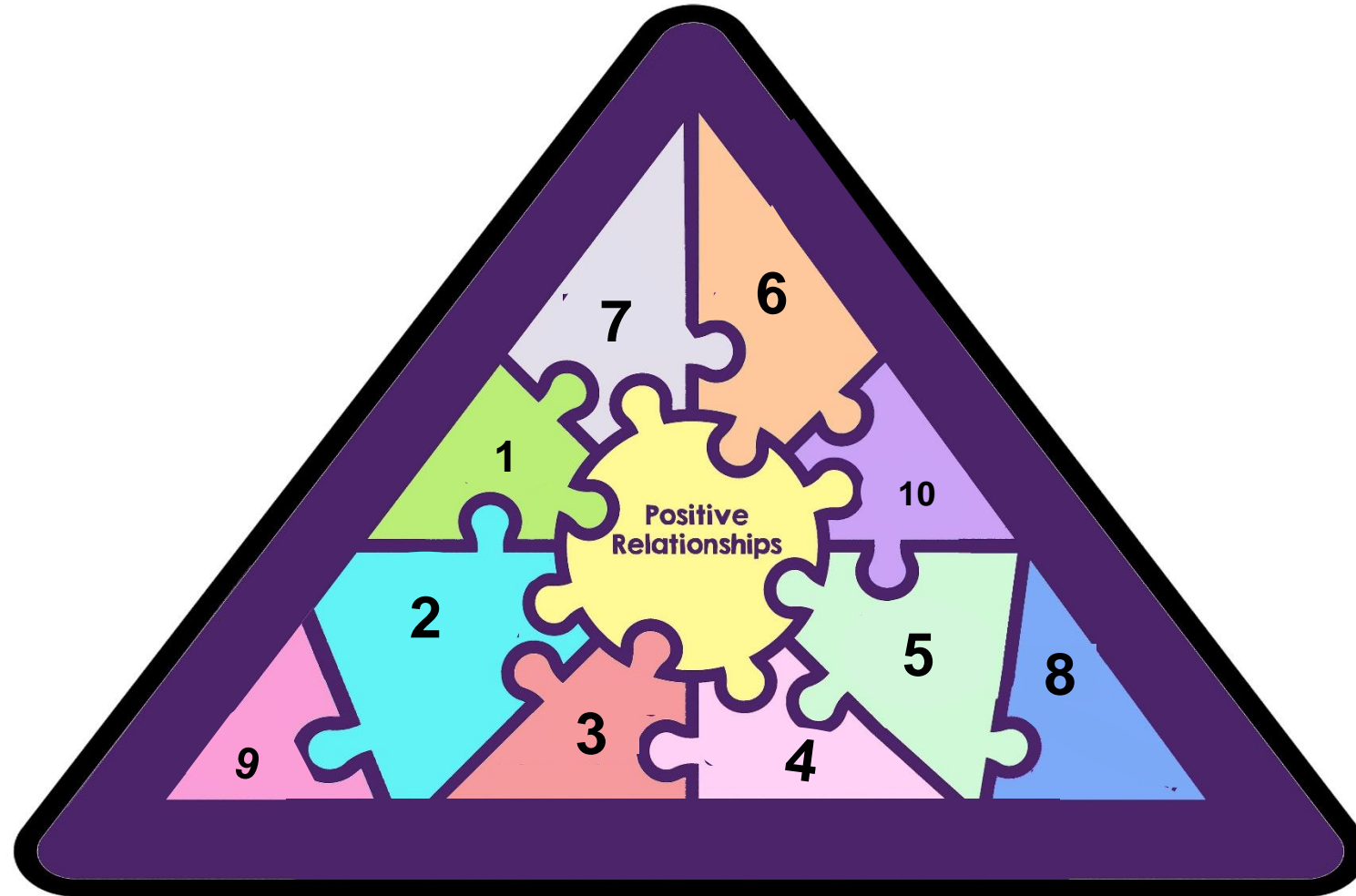


# The Relationship

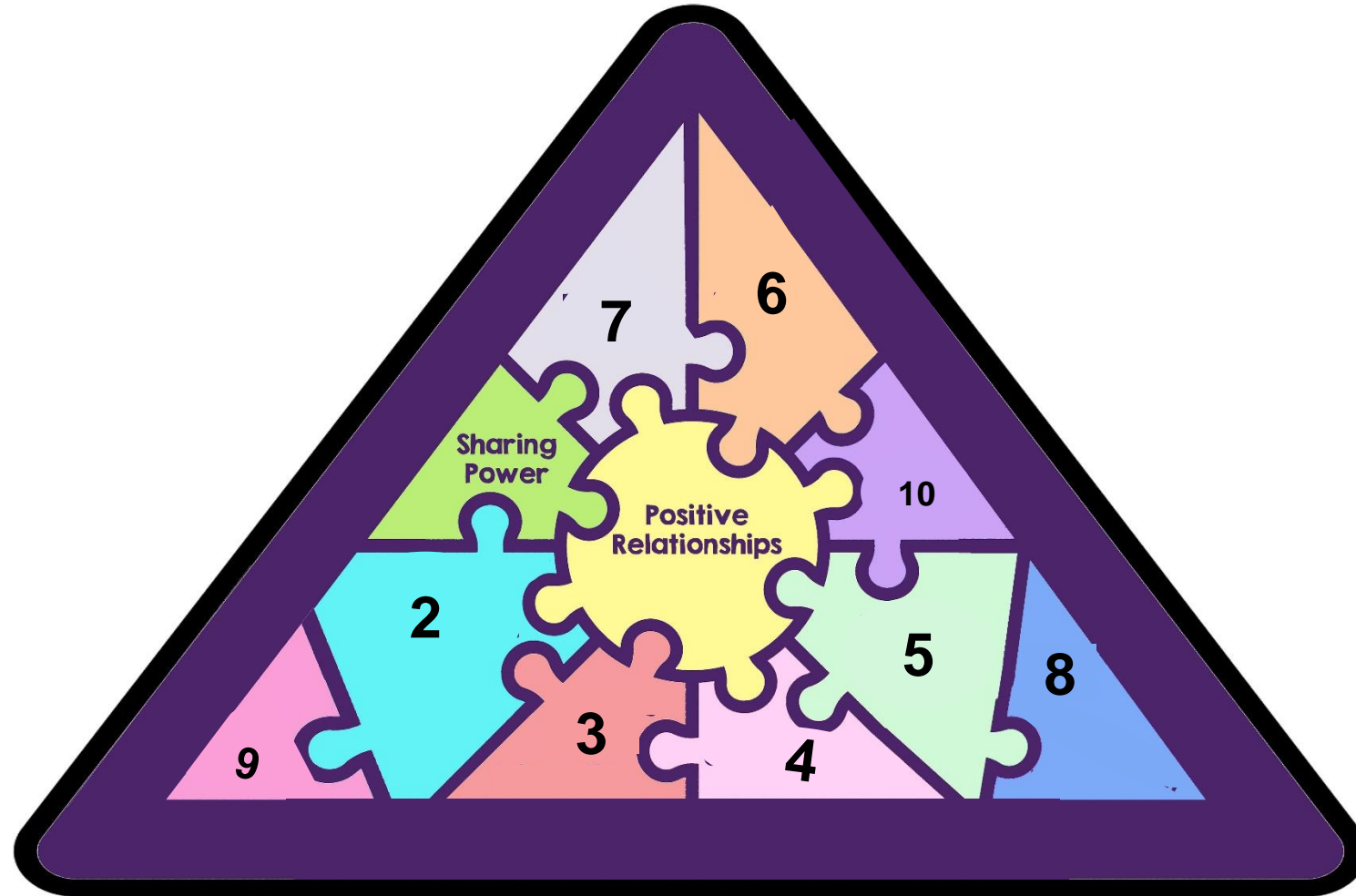




# The Taming Teens Puzzle



# What is Sharing Power?



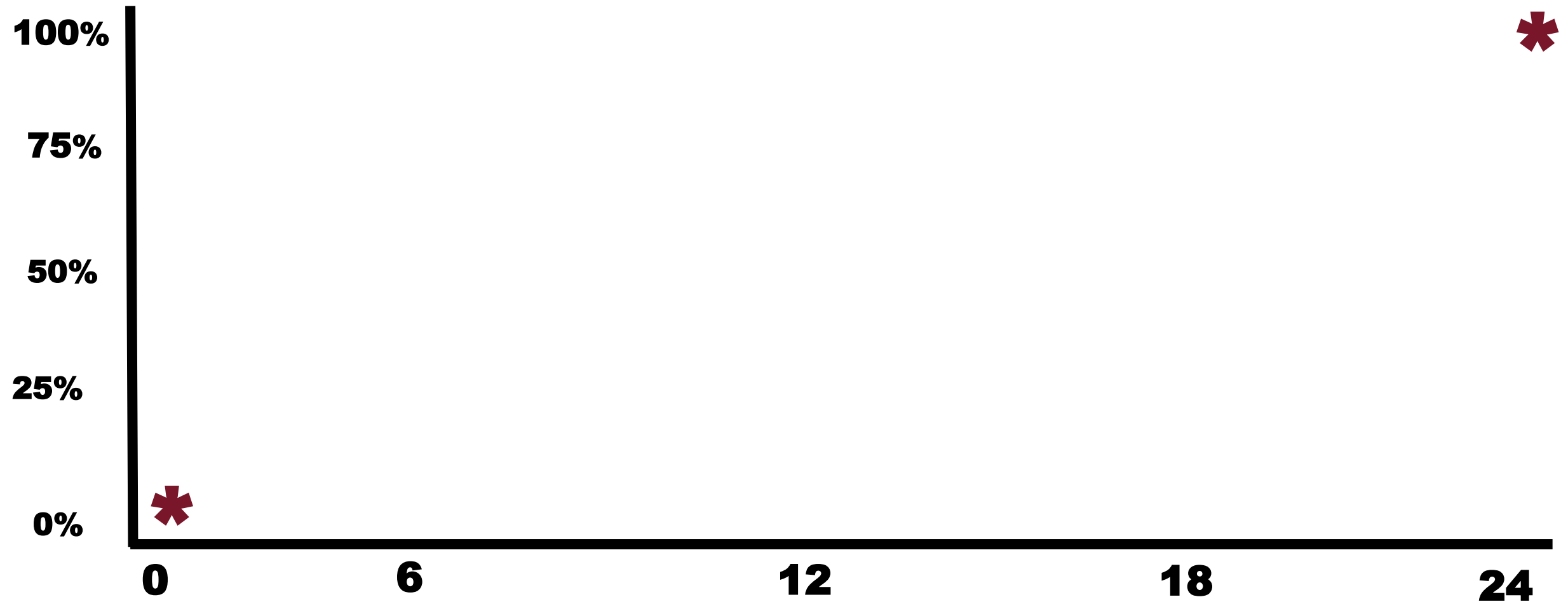


# What is Sharing Power?



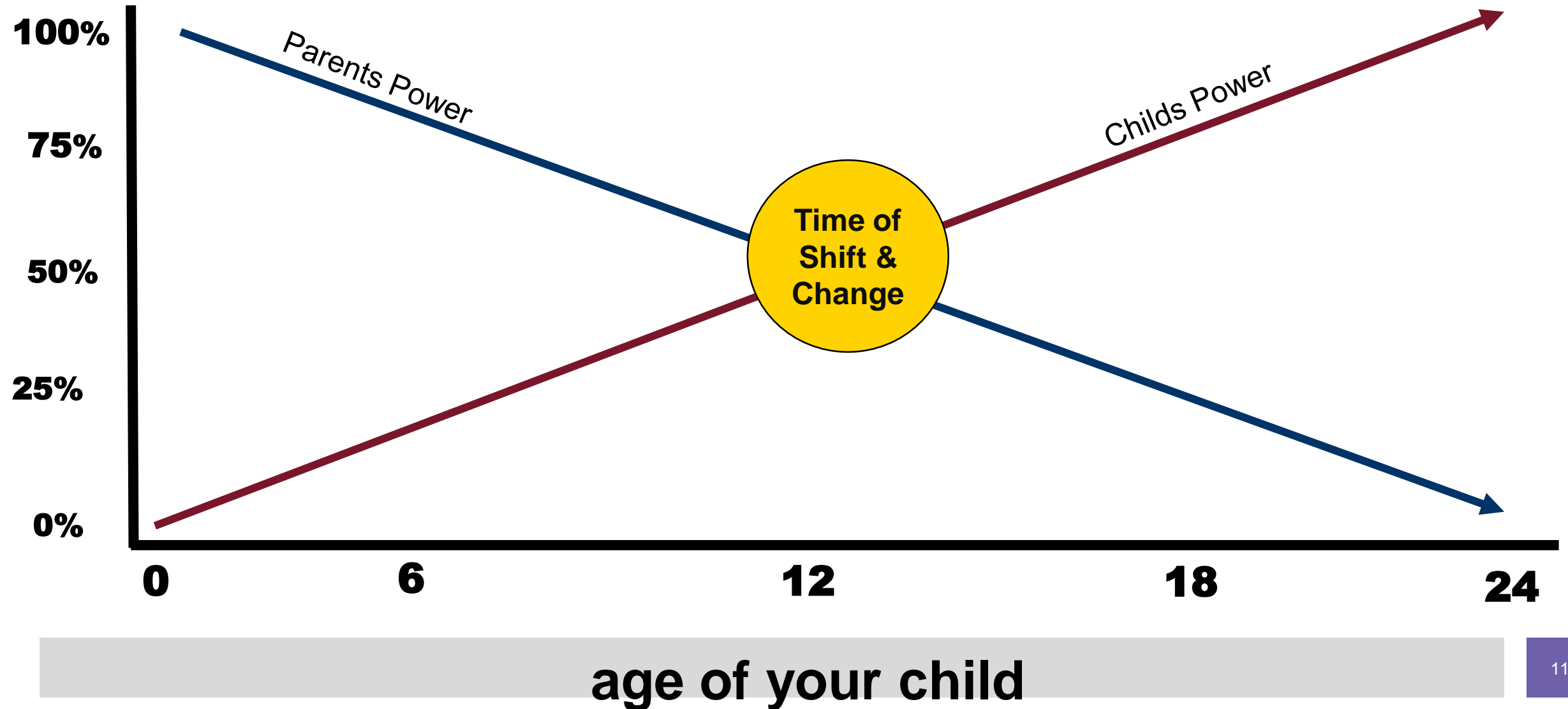
**Power is  
having a say  
in what  
happens to  
you in life**

# The Responsibility Graph



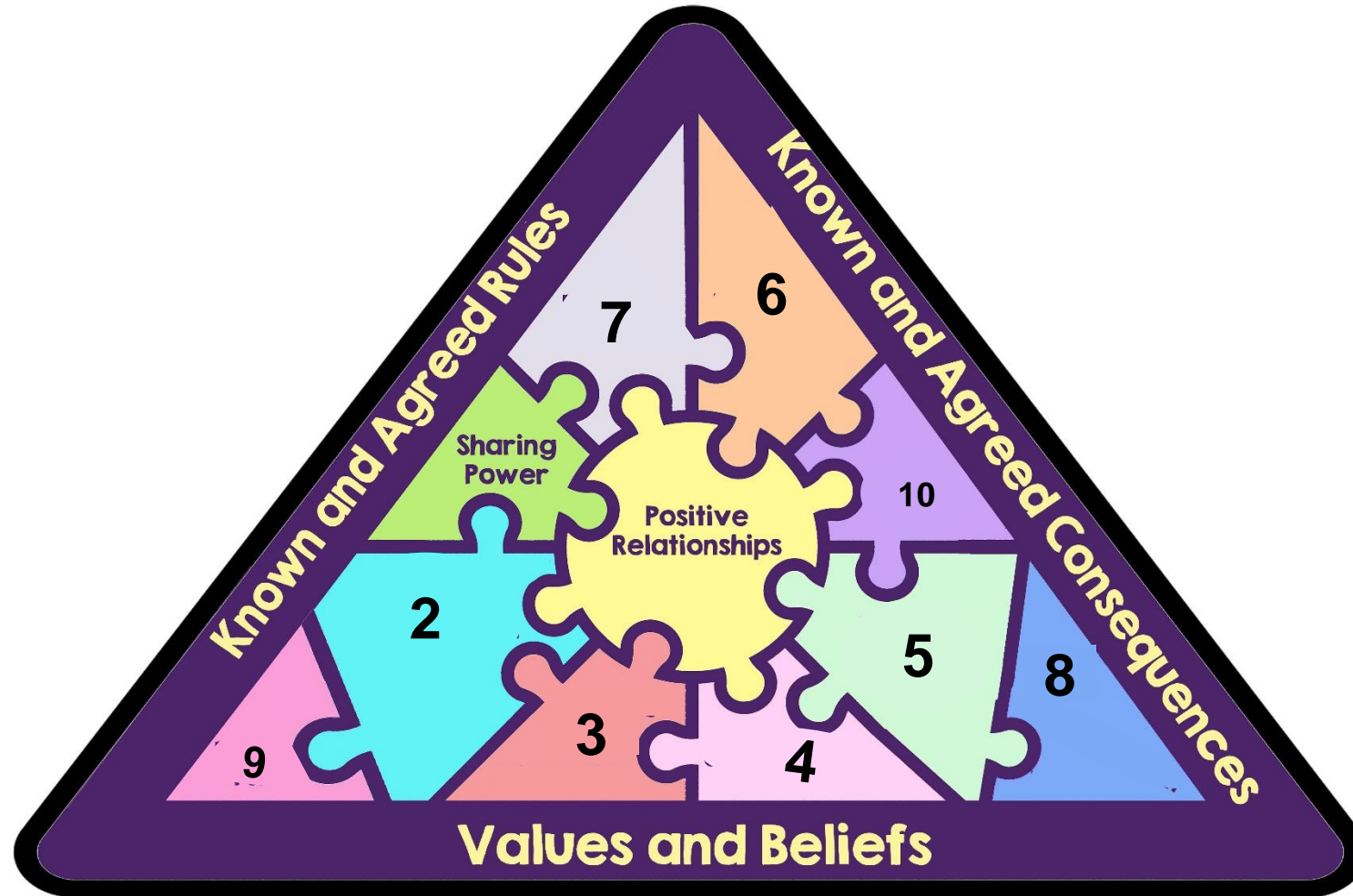
age of your child

# The Responsibility Graph

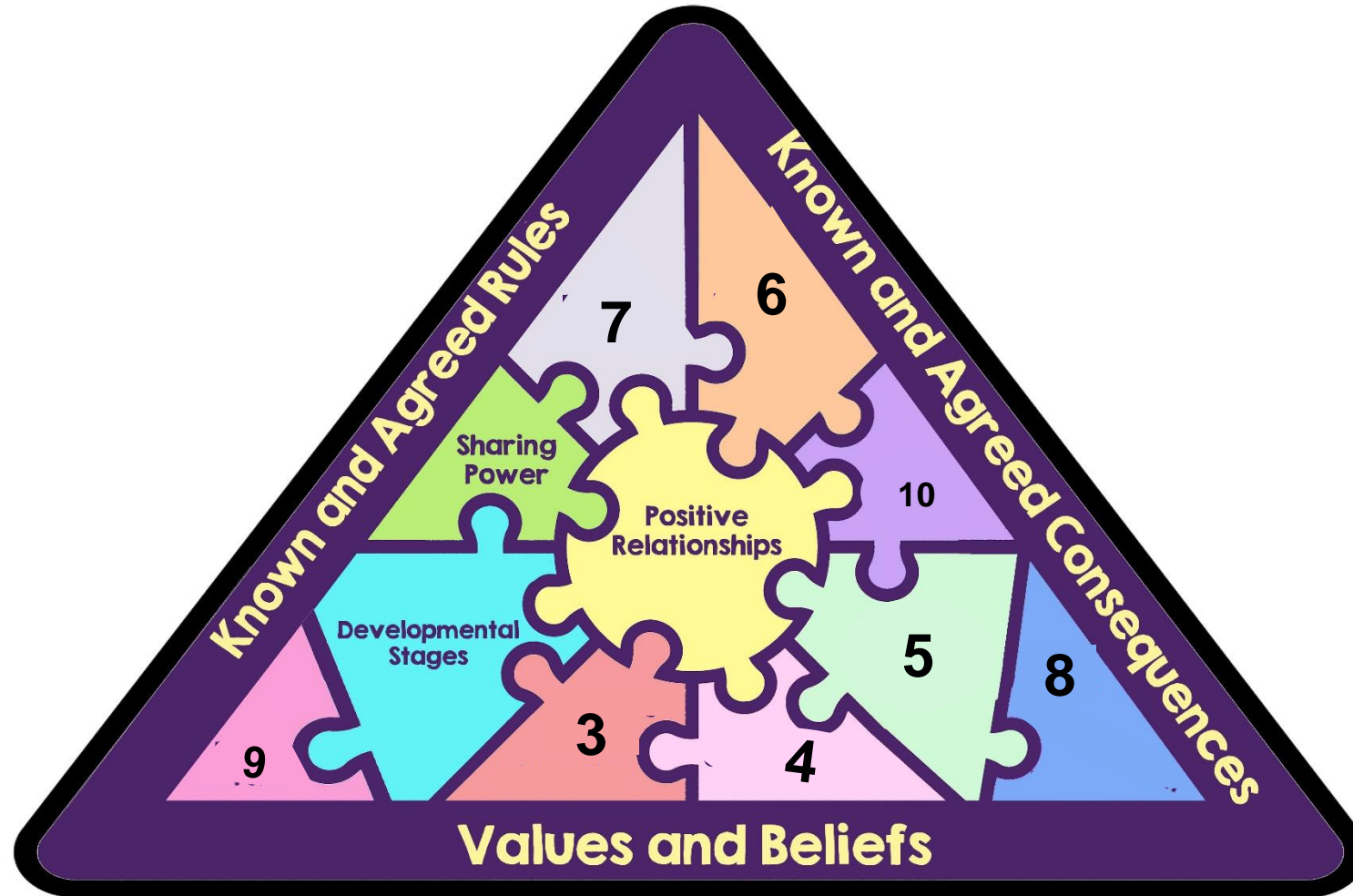




# Negotiable vs Non - Negotiable

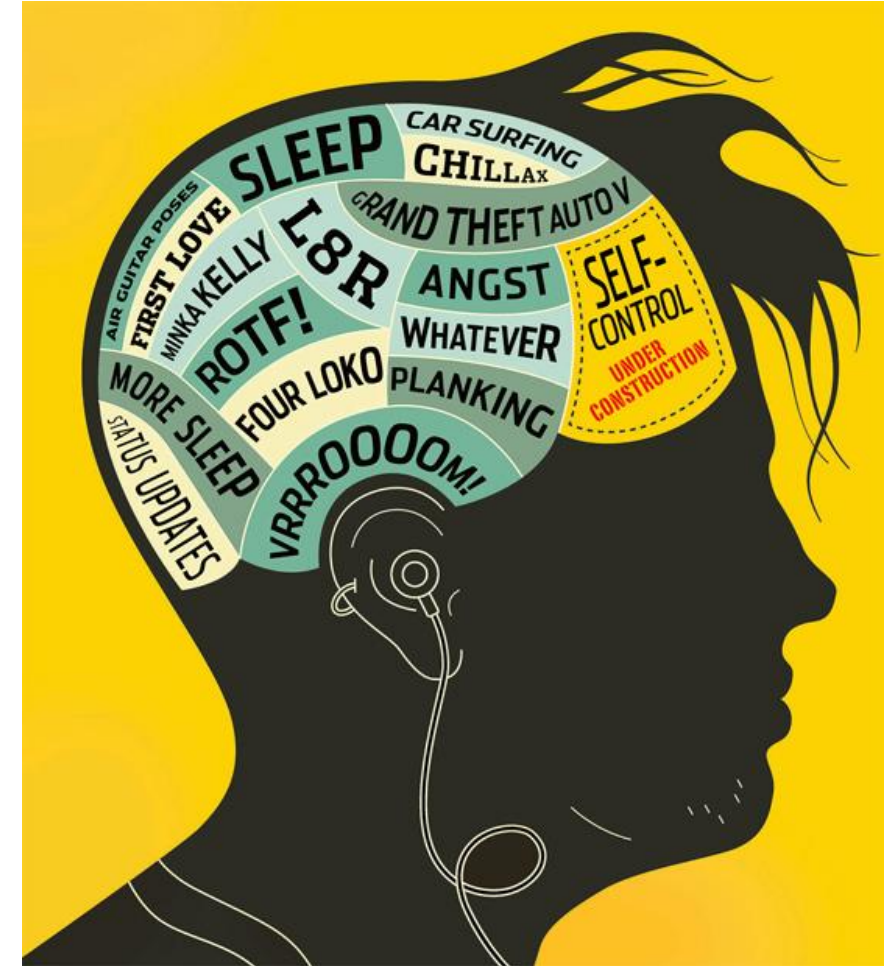


# Developmental Stages



# The Teenage Brain...

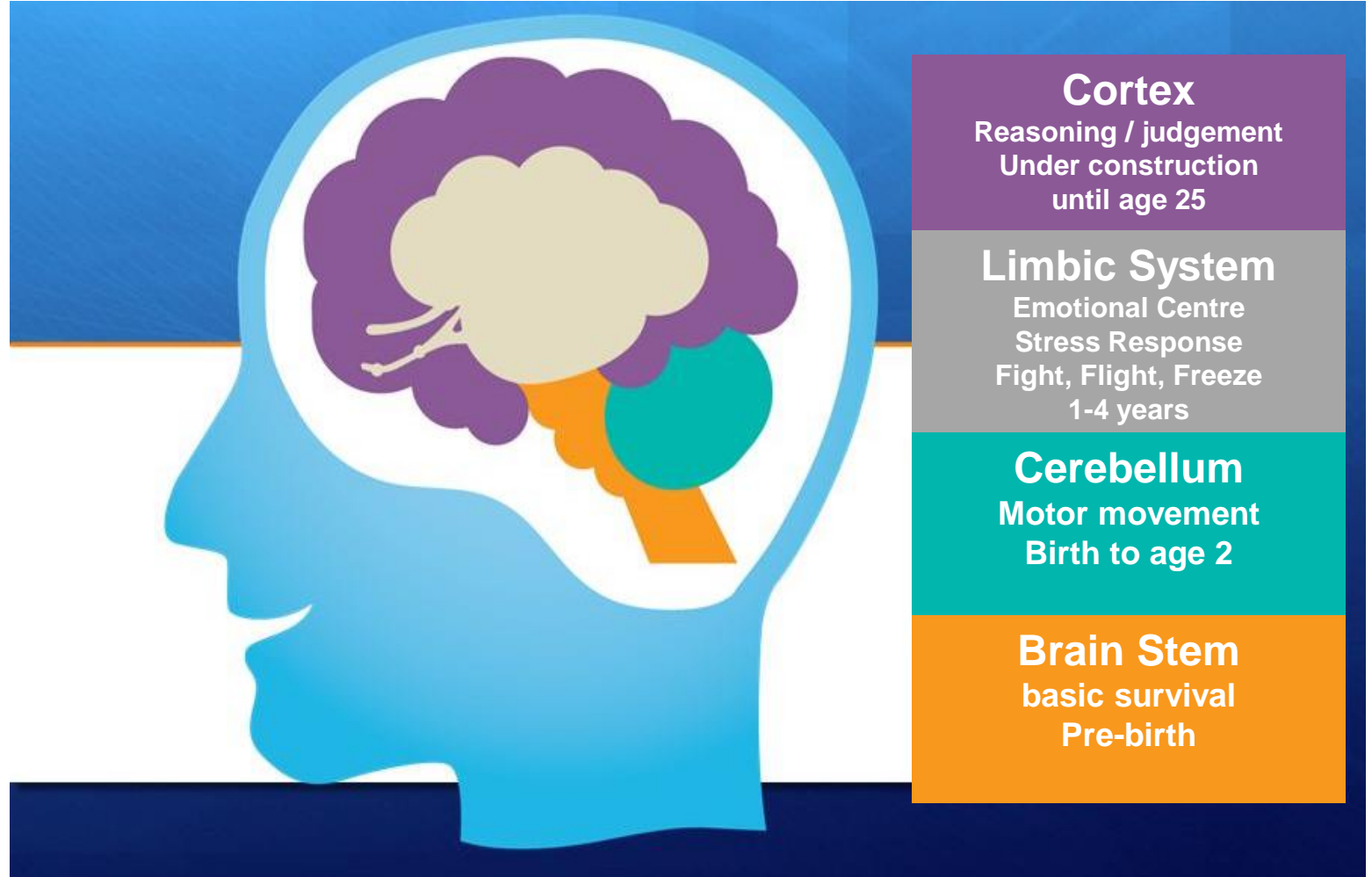
- **Seeks novelty and rewards**
- **Needs more sleep**
- **Is under construction**



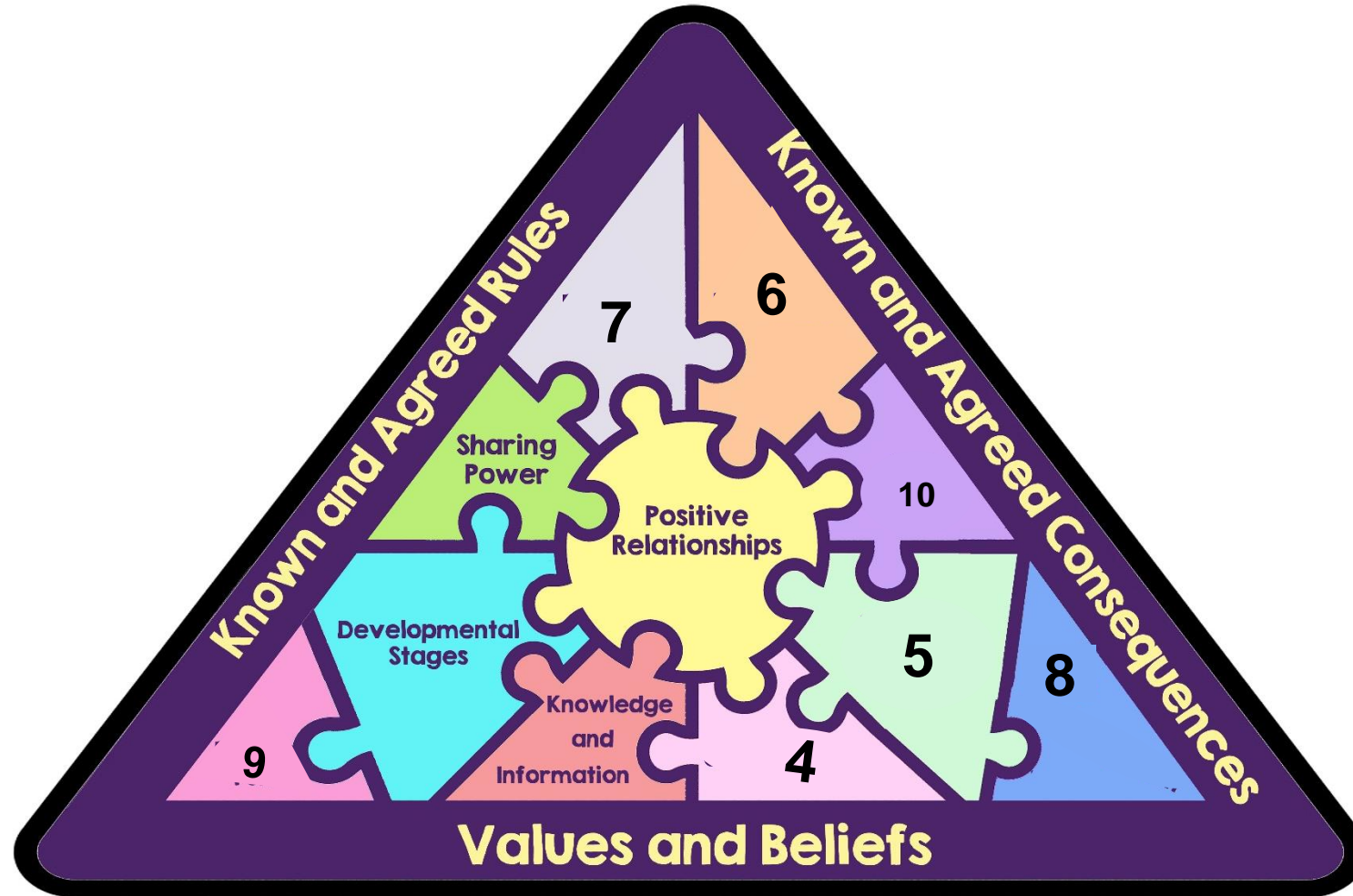


# The Emotional Teen Brain

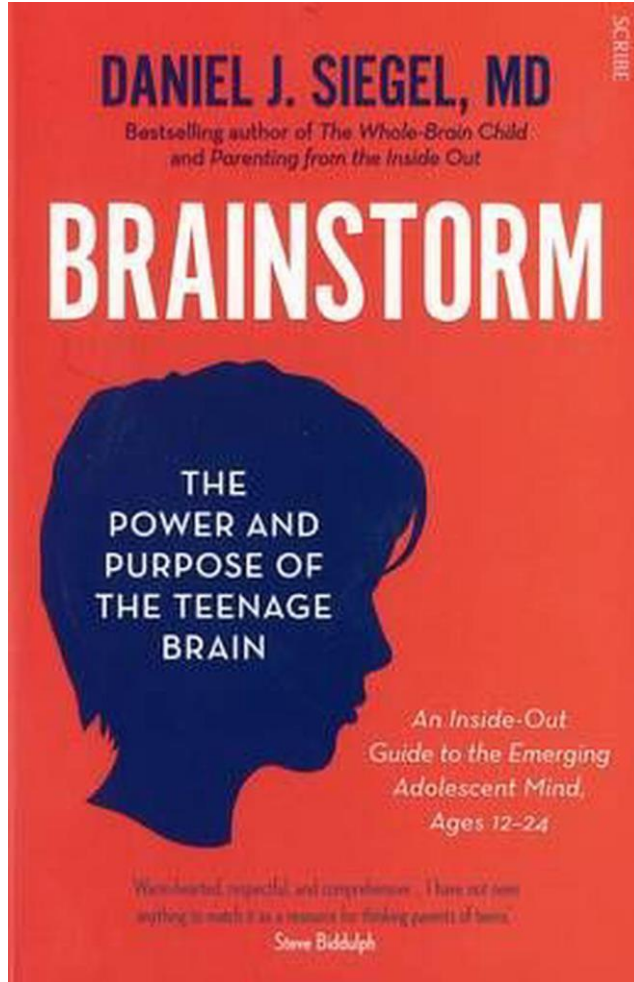
**The Teenage  
brain is all  
accelerator  
and  
no brake**



# Any Questions or Comments?



# More Information



**The Adolescent brain video (4:36 min)**

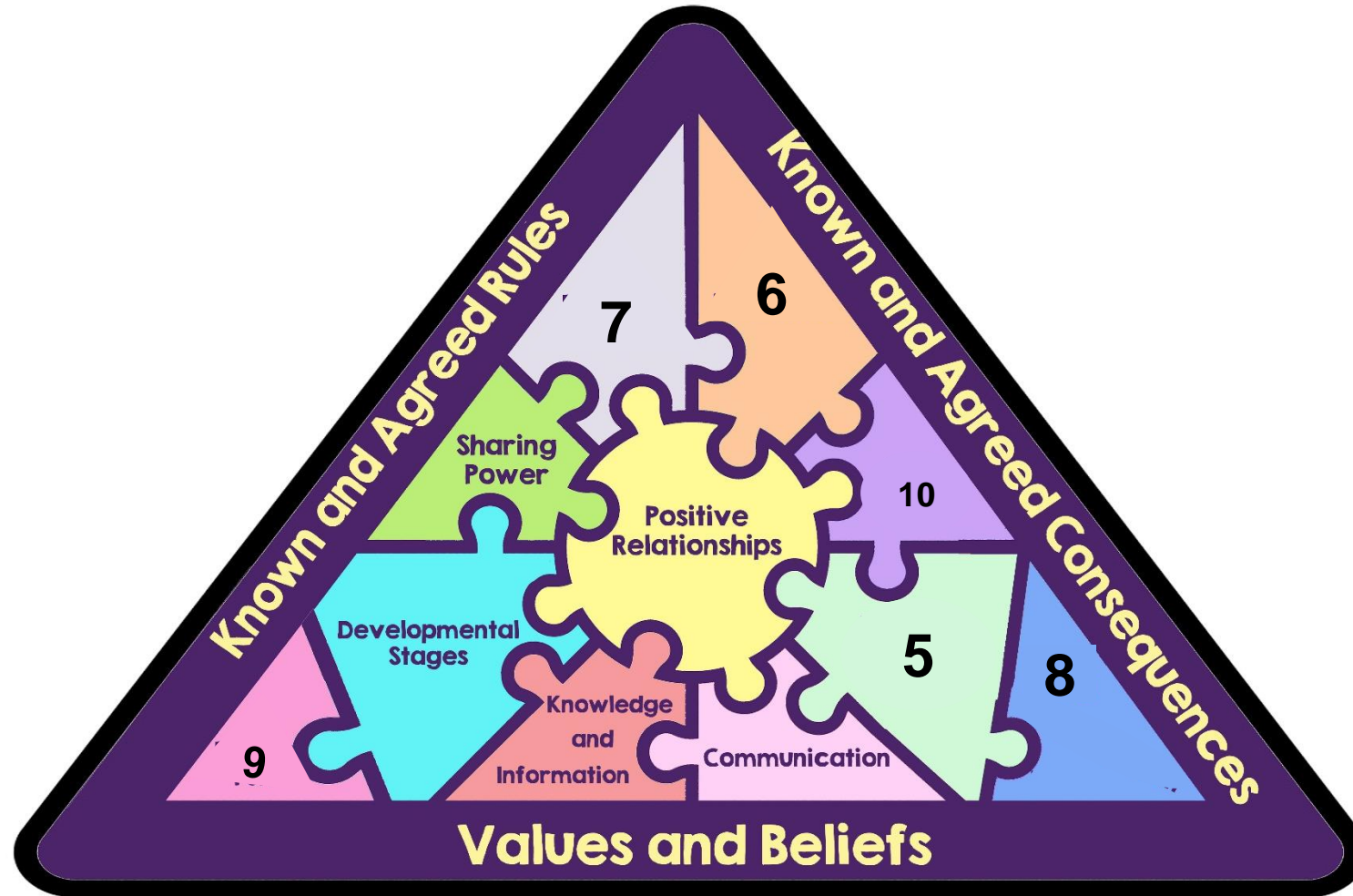
**<https://youtu.be/0O1u50Ec5eY>**

**Handy brain model explained (8:15 min)**

**<https://youtu.be/f-m2YcdMdFw>**



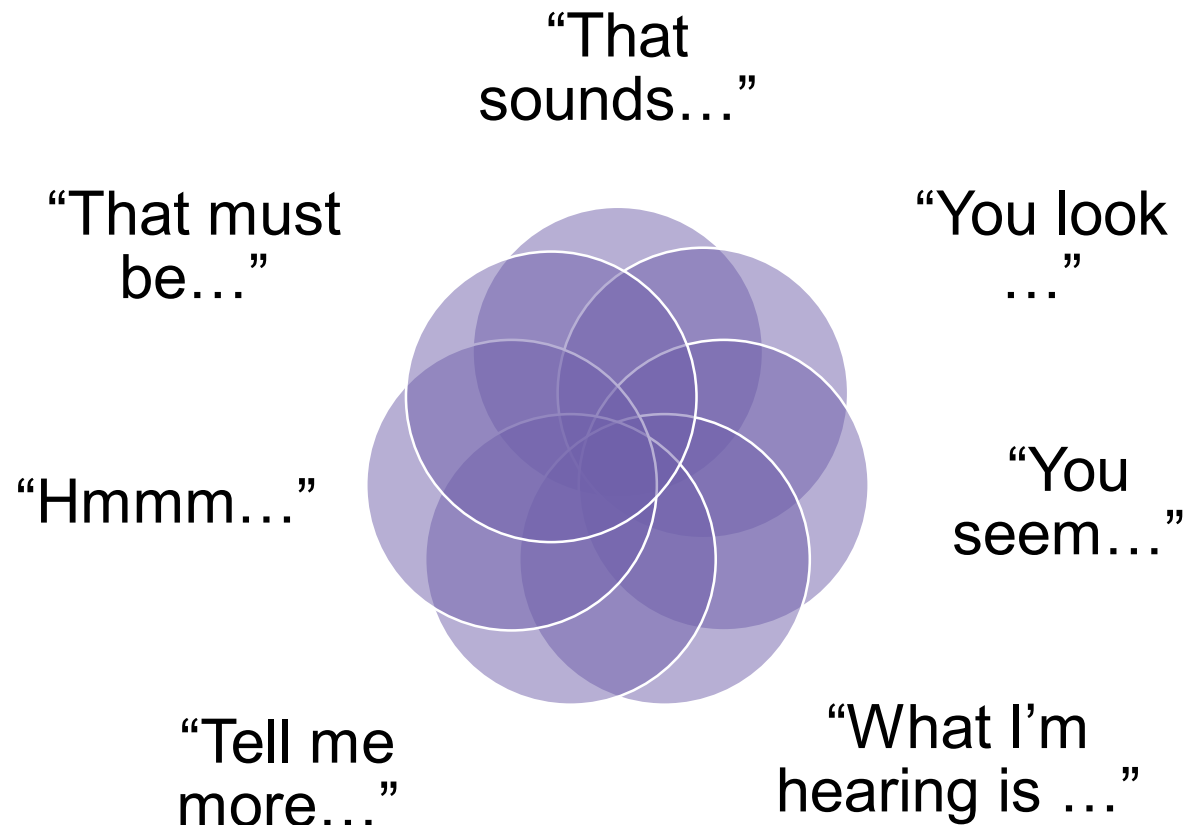
# Communication



# Communication Tip 1



# Communication Tip 2

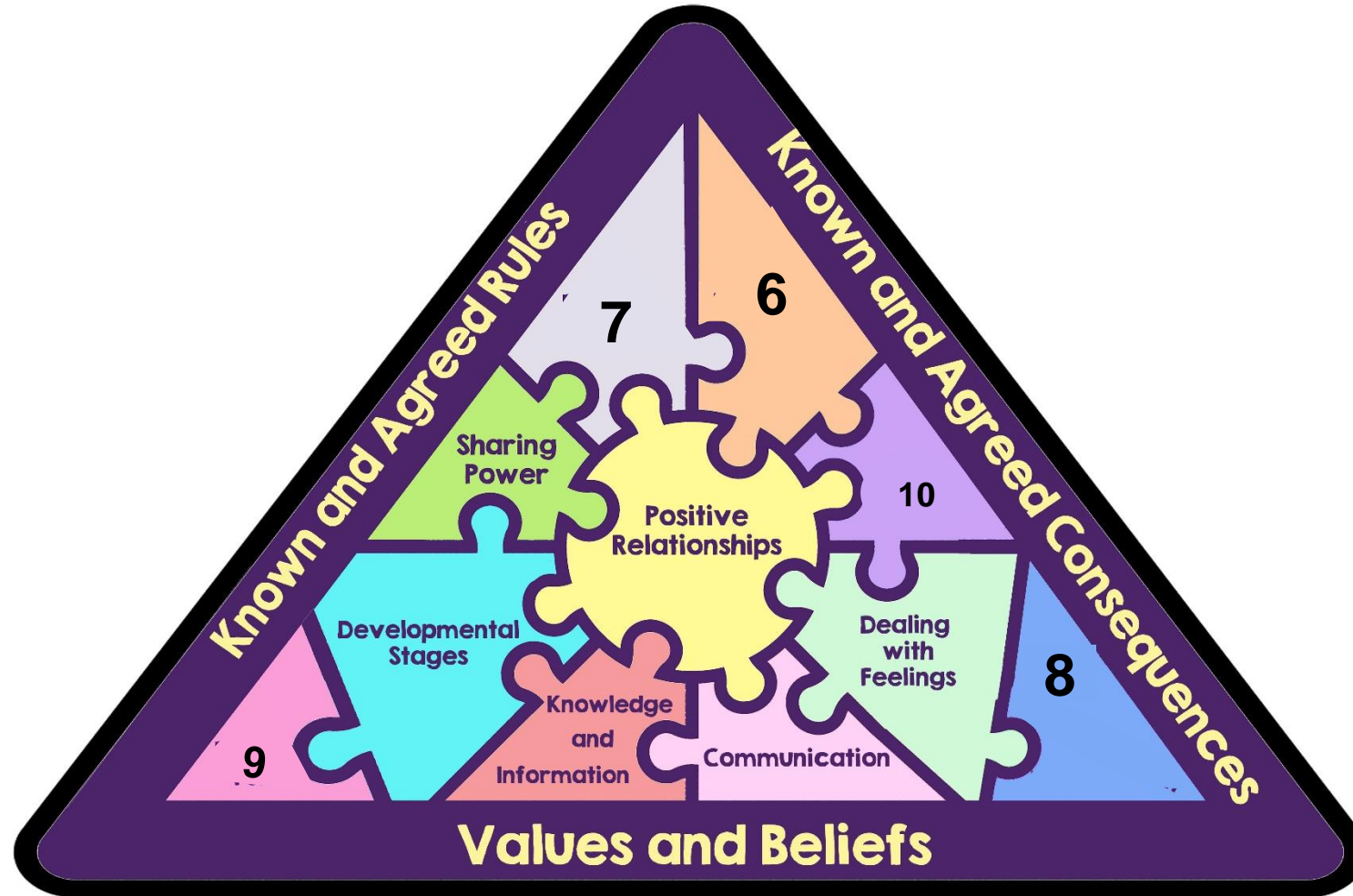


**Practice  
reflective  
listening**

[Watch this video](#) 😊



# Dealing with Feelings



# Dealing with Feelings

## Acknowledge

Name the feeling

## Accept

Allow yourself and others to feel the way they do

**A.A.A.A  
Process**

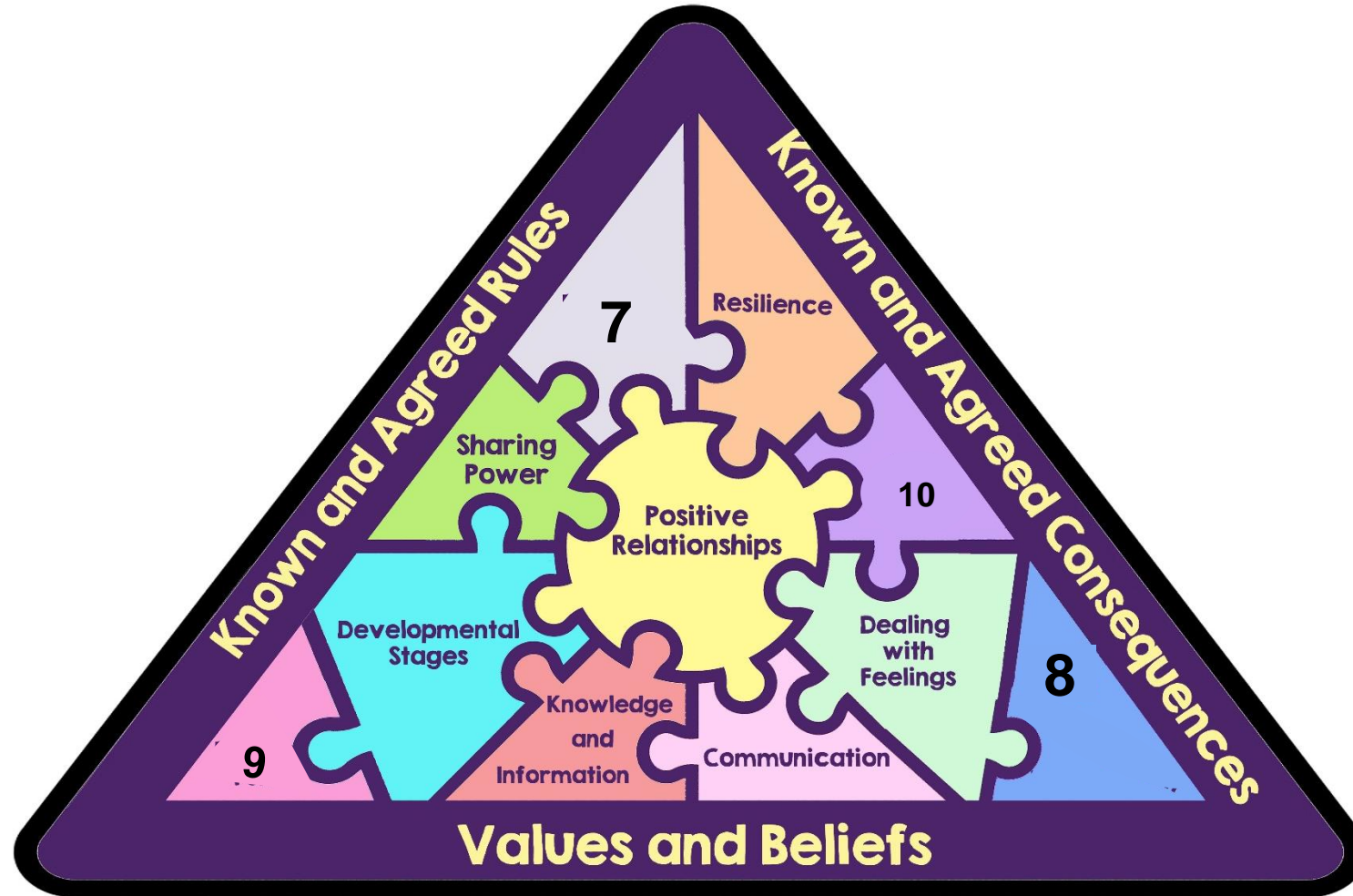
## Approve

Approve all feelings (but not all behaviours)

## Appropriately Express

Help your teen express uncomfortable feelings

# Resilience



# A Definition of Resilience

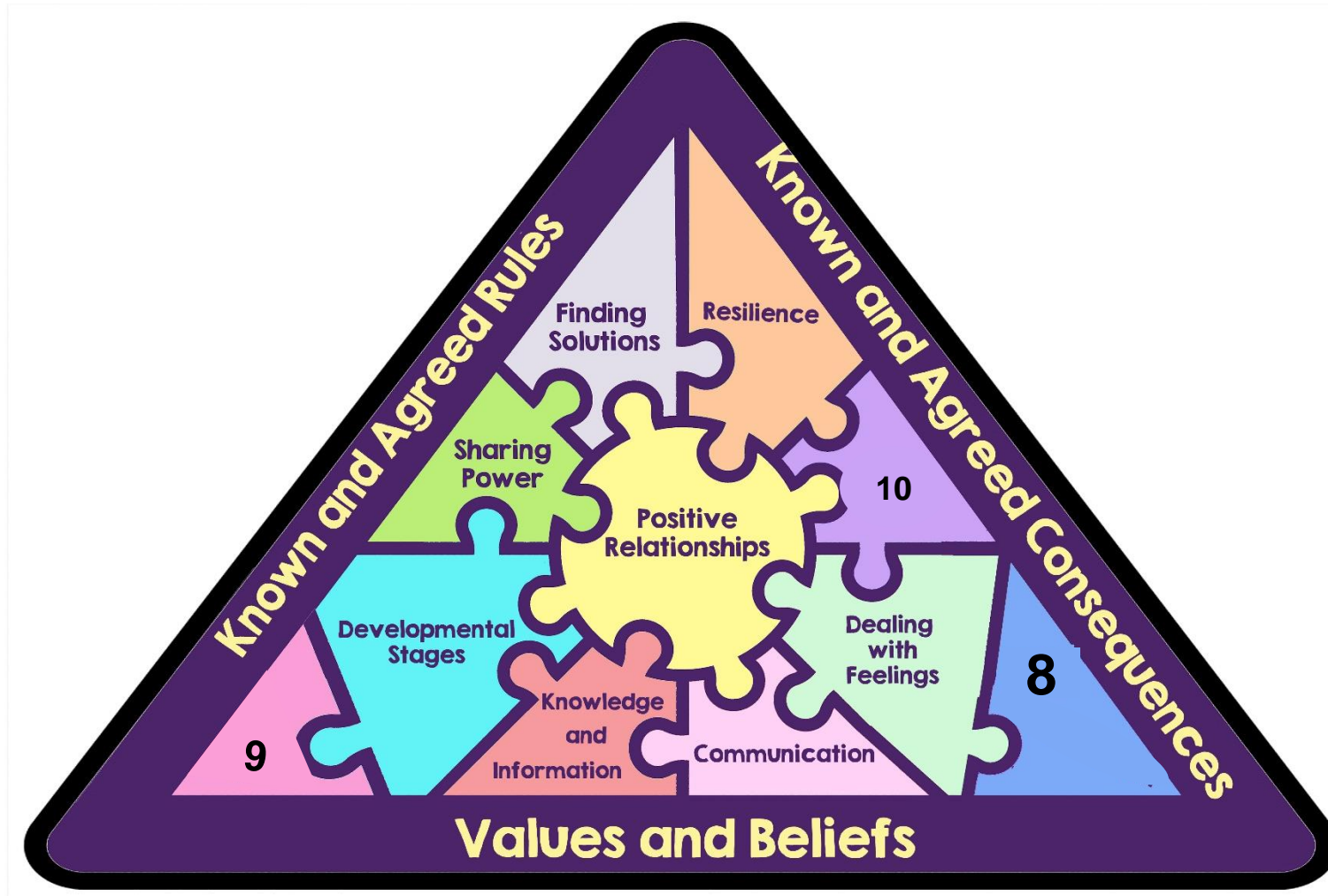


**Resilience is doing better than expected despite adversity**

*From 9 ways to resilience  
by Dr Justin Coulson*



# Finding Solutions



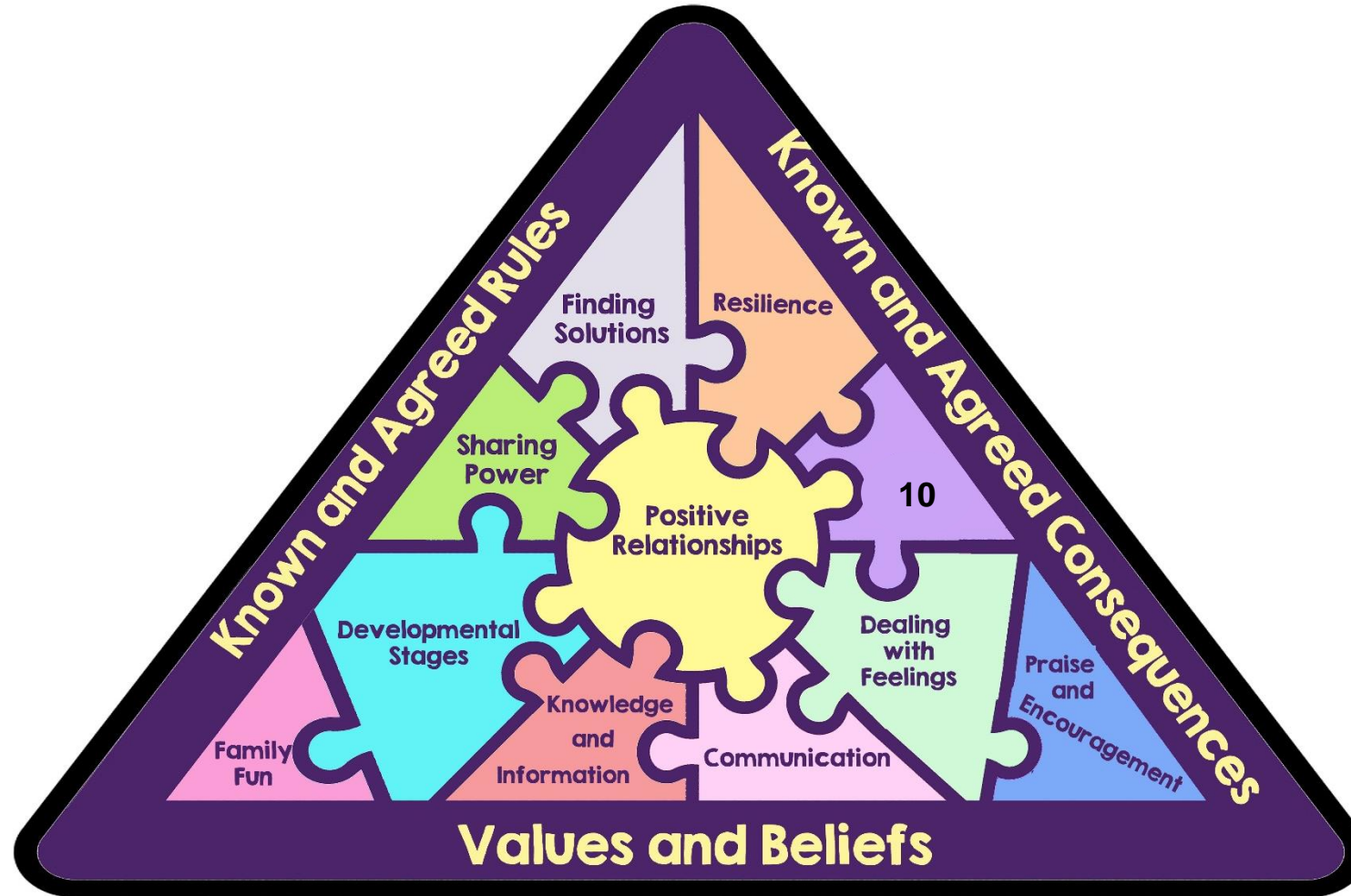
# Focus on Strengths?

Creativity Perspective  
Judgment Curiosity  
Honesty Bravery Fairness  
PERSEVERANCE HUMOR Zest  
Teamwork  
Love Kindness Leadership  
Social Intelligence Love of Learning  
Forgiveness HOPE PRUDENCE  
Appreciation of Beauty & Excellence Humility  
Spirituality SELF-REGULATION Gratitude  
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**Discover  
your  
strengths  
here:**

<https://www.viacharacter.org/>

# Family Fun

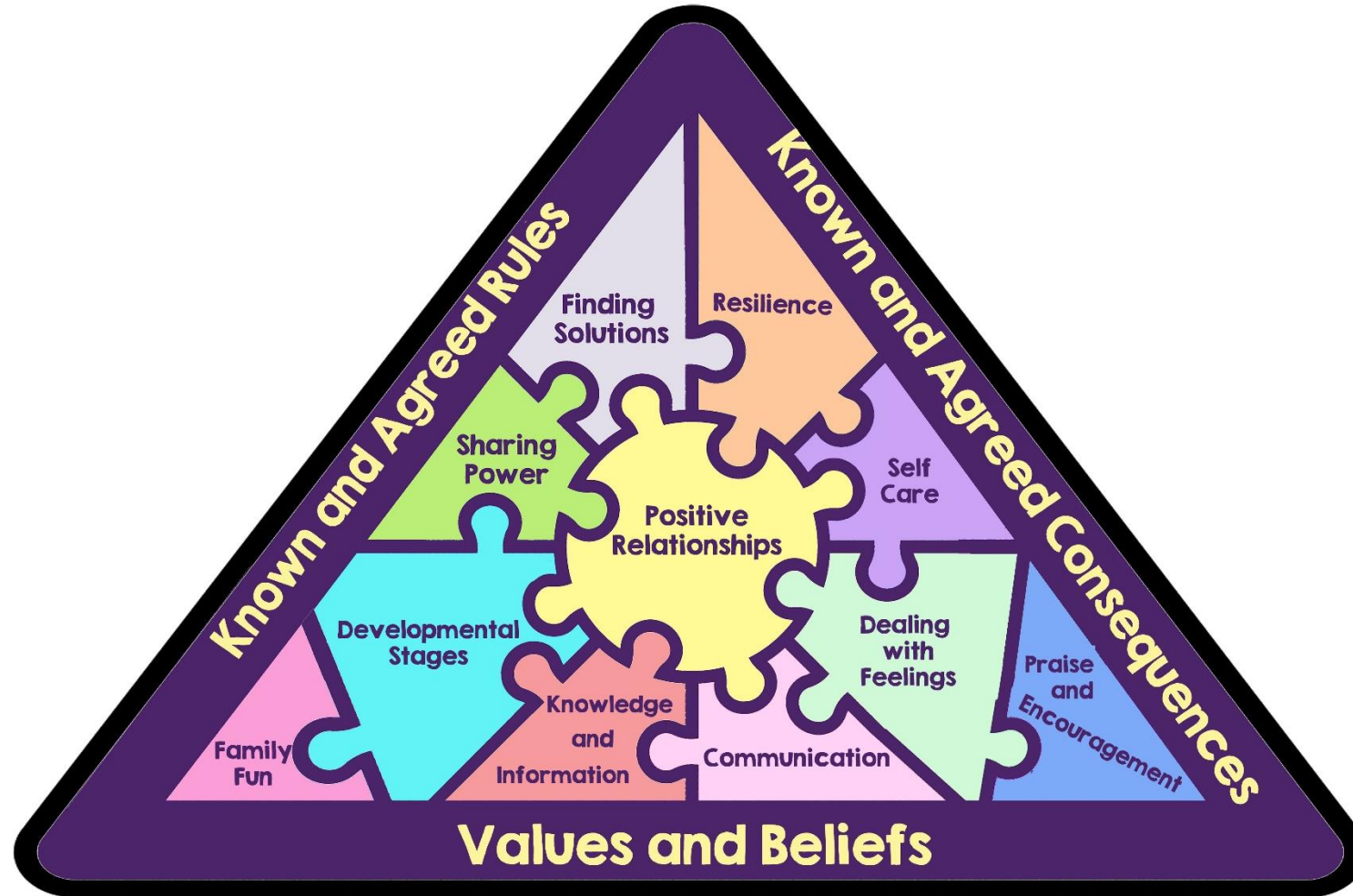


# What is the final puzzle piece?



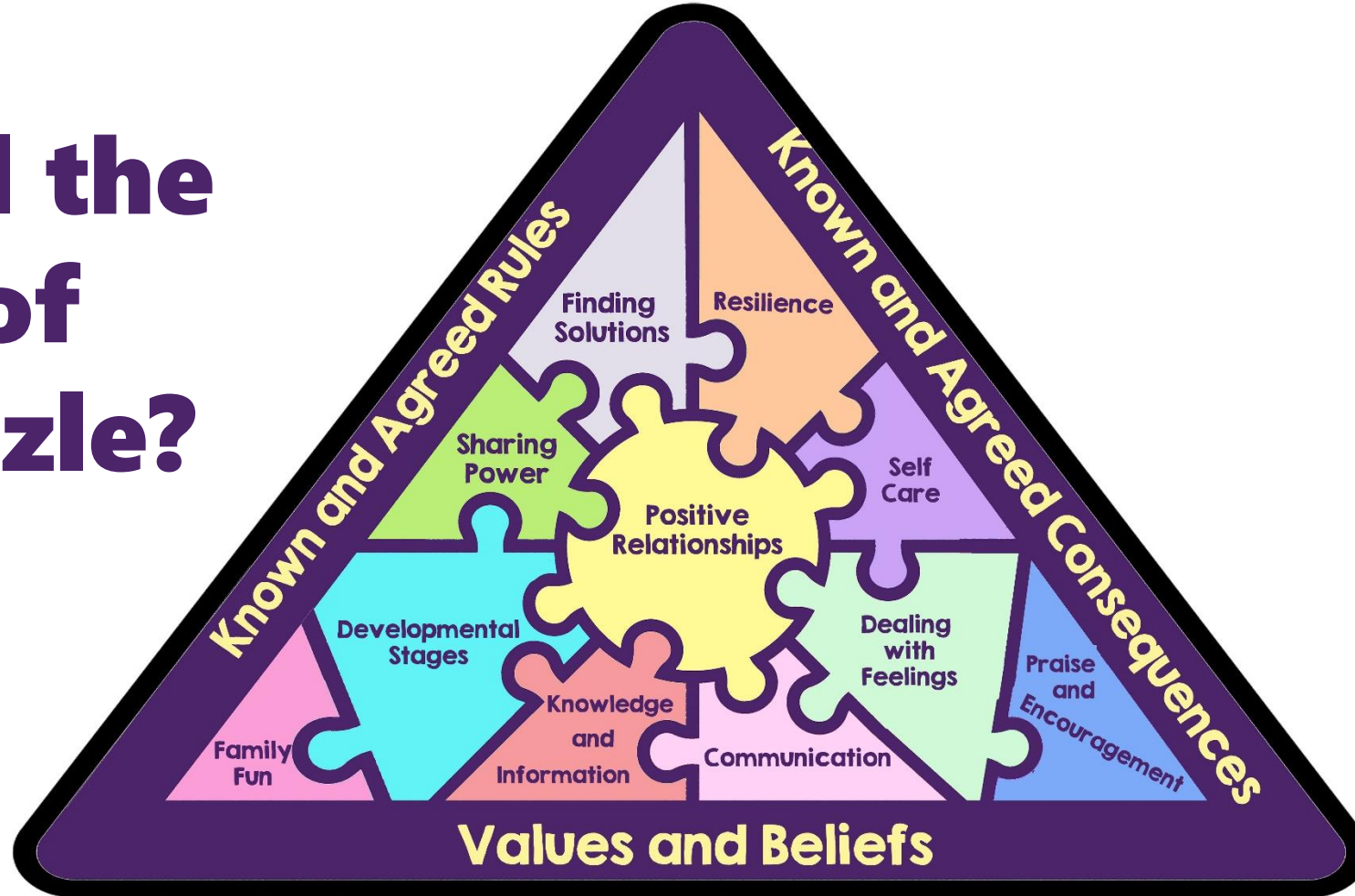


# Self Care



# The Parenting Puzzle

**Do you  
have all the  
pieces of  
the puzzle?**



# Poll: Do you prefer dogs or cats?





# Welcome to the Cat Years



I have just realised  
that whilst children  
are dogs - loyal and  
affectionate –  
teenagers are cats





It's so easy to be a dog owner. You feed it, train it, boss it around a bit.

It puts its head on your knee and gazes at you as if you were a Rembrandt painting.

It bounds indoors with enthusiasm when you call it. It plays games and runs non stop



Then around age twelve or thirteen, your adoring little puppy turns into a

**BIG  
OLD  
CAT**





When you tell it to come inside, it looks amazed, as if wondering who died and made you emperor!

Instead of dogging your doorsteps, it often disappears.



You won't see it again until it gets hungry, then it pauses on its sprint through the kitchen long enough to turn its nose up at whatever you are serving.





When you reach out to ruffle its head, in that old affectionate gesture, it twists away from you, then gives you a blank stare, as if trying to remember where it has seen you before.

It will sleep all day and prowl all night. It washes itself for what seems like hours. It keeps to itself and never wants to play.



You, not realising that the dog is now a cat, think something must be desperately wrong.

It seems so antisocial, so distant, somewhat depressed.

It will no longer go on family outings.



Since you're the one who raised it, taught it to fetch and stay and sit on command, you assume that it's all your fault!

Flooded with guilt and fear, you redouble your efforts to make your pet behave.





Only trouble is you are now dealing with a cat. Everything that worked before now produces the opposite of the desired result.

Call it, and it runs away. Tell it to sit, and it jumps on the bench.

The more you go toward it, wringing your hands, the more it moves away.





So now you have to forget about being a dog owner and learn to behave like a cat owner.

Put a dish of food near the door, and let it come and find it in its own good time.

Tell it what you want but expect nothing.



Be there to open the door and let it in.  
Block your ears when it is singing with it's  
mates.

Go to bed with ear plugs when the  
caterwauling becomes too much.



But remember that even cats like help, warmth and affection when they choose it.

Sit still and let it will come, seeking that warm, comforting lap it has not entirely forgotten.

When it comes pat it, stroke it and love it.





One day your grown-up child will walk into the kitchen, give you a big kiss and say, "You've been on your feet all day. Let me get those dishes for you."

Then you will realise that your cat has become a dog again.



# Whitehorse Parenting Forums

## Strive & Thrive VCE Together

Are you looking for strategies to help survive VCE?

**Date:** Tuesday 23 February 2021

**Time:** 7:00pm - 8:30pm

**Location:** Online Event

## Peaceful Parenting

Do you want to learn ways to deal with anger and anxiety in your children and in yourself?

**Date:** Tuesday 23 March

**Time:** 7:00 - 8:30pm

**Location:** Online Event



**Contact Rachel Simpson**

Parent Resource Officer

[Parentresource@whitehorse.vic.gov.au](mailto:Parentresource@whitehorse.vic.gov.au)

# Whitehorse Youth ConneXions



**Youth ConneXions** offers a comfortable and supportive environment for young people aged 12-25, to find information and seek assistance on a range of issues.

Email: [youth.worker@whitehorse.vic.gov.au](mailto:youth.worker@whitehorse.vic.gov.au)

Phone: 98989340

Based at Box Hill Central Shopping Centre.

1:00-2:00 pm - Youth Workers are available for 30 minute appointments

2:00-5:00 pm - The centre is open for drop-in

# Eastern Youth Services

| Services   | Programs  | Phone  |
|--|---|--|
| <b>YSAS - Youth Support Advocacy Service</b>   | <a href="https://ysas.org.au/">https://ysas.org.au/</a>   | 9415 8881  |
| <b>Maroondah Youth Services</b>  | <a href="http://www.maroondahyouth.com.au/Home">http://www.maroondahyouth.com.au/Home</a>   | 9294 5704  |
| <b>Yarra Ranges Youth Services</b>   | <a href="https://www.yarraranges.vic.gov.au/Community/Youth">https://www.yarraranges.vic.gov.au/Community/Youth</a>   | 1300 368 333                                       |
| <b>Knox Youth Services</b>   | <a href="http://www.knox.vic.gov.au/youth">http://www.knox.vic.gov.au/youth</a>   | 9298 8000  |
| <b>Boroondara Youth Services</b>   | <a href="https://www.boroondara.vic.gov.au/community-support/young-people/visit-our-youth-centre">https://www.boroondara.vic.gov.au/community-support/young-people/visit-our-youth-centre</a>                   | 9278 4608  |
| <b>Monash Youth Services</b>   | <a href="https://www.monashyouth.org.au/Programs">https://www.monashyouth.org.au/Programs</a>   | 9518 3900  |
| <b>Manningham Youth Services (EACH)</b>  | <a href="https://www.each.com.au/manninghamyouth/youth-programs/">https://www.each.com.au/manninghamyouth/youth-programs/</a>   | 1300 00 EACH<br>(1300 00 3224)                     |
| <b>Whitehorse Youth Services</b>   | <a href="https://www.whitehorse.vic.gov.au/community-directory/youth-connexions-whitehorse-youth-services">https://www.whitehorse.vic.gov.au/community-directory/youth-connexions-whitehorse-youth-services</a> |  |
| <b>Headspace</b><br>Confidential and free mental health support for young people aged 12-25  | <a href="https://headspace.org.au/">https://headspace.org.au/</a>   | Knox - (03) 9801 6088<br>Hawthorn - (03) 9006 6500 |
| <b>Eastern Child and Youth Mental Health Services</b><br>For young people up to the age of 24 years who are displaying symptoms of psychiatric disorder or severe emotional and behavioural disturbance. | <a href="https://www.easternhealth.org.au/site/item/99-child-youth-mental-health-service-cymhs">https://www.easternhealth.org.au/site/item/99-child-youth-mental-health-service-cymhs</a>                       | 1300 342 225                                       |
| <b>Kids Help Line</b><br>Phone counselling for kids, teens & young people  | <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>   | 1800 55 1800 (24/7 support)                        |