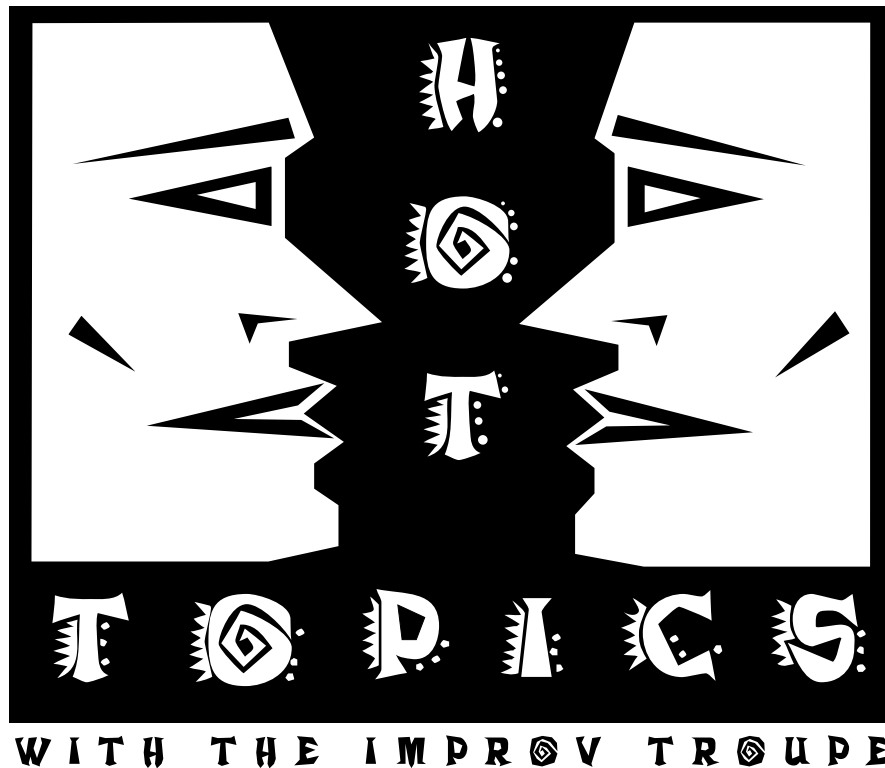


Resource Guide



Parent-Teen Relationships

Grades 9-12

HOT TOPICS

Thank you for watching Hot Topics With The Improv Troupe.

We have included a list of resources for you to use to prepare yourself for further educational discussion. These resources include books and articles for educators, parents, and students. Also included are a number of web sites you can review for more information. Please consult with your school administration prior to sharing any of these resources directly with students. These resources are also available to help further your understanding of a student who may be experiencing some difficulty.

Some of the concerns addressed in the series may be difficult to discuss with students. We strongly encourage you to “touch base” with student support staff, such as counselors, social workers, and psychologists. Use these school professionals as resources for continued classroom discussion or to refer students for counseling. They also can direct students and families to other public and private resources for additional help.

The resources for **Hot Topics With The Improv Troupe** were compiled by the following Fairfax County Public Schools, Department of Student Services:

- Richard Crowley, Coordinator—Guidance Services
- Mitchell Kamins, Counselor—Longfellow Middle School
- Sue Ann Murray, Guidance Director—Woodson Adult High School
- Tedd Rynn, Counselor—Twain Middle School

This resource guide was compiled by Sue Murray, Instructional Services, Fairfax County Public Schools

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H O T T O P I C S

Articles

Chatterjee, Camille. "Stressing Your Kids Out." *Psychology Today*. March-April 2000.

The author discusses the stress parents incur at work and its effects on the family, the relationship between work stress and arguments between parents and their children, the effect of parent-child conflicts on the self-worth of children, and how parents can release their stress before going home from work.

Meadows, Susannah. "Meet the Gamma Girls." *Newsweek*. June 3, 2002.

An insightful article on cliques, teen culture, and the basic ingredients that make teens tick. Reference is made to several current books focused on teen girls and their behavior.

Pittman, Frank. "Fathers and Sons: What It Takes to Be a Man." *Psychology Today*. September-October 1993.

The author argues that being a father is life's fullest expression of masculinity and questions if the current crop of patriarchal fathers will fare any better than the generation of fathers who were defined in terms of making money. He discusses the father serving as a successful provider, the adolescent searching for the lost father, and the father giving something back to the family.

Pleydon, Anne P. and Joseph G. Schner. "Female Adolescent Friendship and Delinquent Behavior." *Adolescence*. Summer 2001.

The authors compare the behavior patterns in delinquents and nondelinquents with their best female friends and peer groups.

Books

Arnett, Faye B. and Jill Wharton Bellas. *The Son Also Rises*. America House Book Publishers. June 2001.

The book is composed of enlightening stories of everyday families whose members lived through the teenage years with their boys. It is intended to entertain, teach, and comfort parents who feel that they are alone in their struggles with their sons. Teenage boys separate from parents and achieve independence through action. Many must experience life directly, and often physically. The new hormones in their bodies together with an urgent need to become independent prompt boys to act, often without thought of the consequences. Parents need to balance supporting and protecting their sons through this period with giving enough freedom to allow them to separate successfully and find their identity. The book is about normal boys as they move toward a responsible adulthood. It tells of many different families and sons, including the bright underachiever, the creative boy, the athlete, and twin boys.

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Boyd-Franklin, Nancy with Pamela A. Toussaint and A. J. Franklin. *Boys Into Men: Raising Our African American Teenage Sons*. Dutton/Plume. May 2001.

African American parents struggle to raise teenage boys safely and successfully in an environment beset by racism, gangs, violence, and homicide—the largest cause of death among 13- to 25-year-old African American males. The book offers strategies to help male African American adolescents develop a healthy and empowering racial identity with strong African American family values. Supplementary resources such as books, web sites, organizations, support groups, and guidelines for seeking professional help are also provided.

Cline, Foster W. and Jim Fay. *Parenting Teens With Love and Logic: Preparing Adolescents for Responsible Adulthood*. Pinon Press. September 1992.

This resource is full of logical ways of parenting.

Gurian, Michael. *A Fine Young Man: What Parents, Mentors, and Educators Can Do to Shape Adolescent Boys Into Exceptional Men*. Putnam Publishing Group. March 1999.

As boys enter the second decade of their lives, they are confronted with tremendous challenges at home, at school, and in personal relationships. In a phenomenon long overlooked by the media and policy makers, adolescent boys are the most at-risk group in our society today, facing the highest incidence of addiction, violence, mental illness, and emotional neglect. Giving us the tools to better nurture, discipline, and cultivate our adolescent males, Gurian delivers a responsible and enlightening assessment of young manhood in our time.

Haskins, Diana. *Parent as Coach: Helping Your Teen Build a Life of Confidence, Courage, and Compassion*. Hara Publishing. 2001.

Parent as Coach combines Ms. Haskins's respect for teenagers with a fresh dynamic perspective on life coaching. Ms. Haskins outlines seven ways to coach teens: respect, listen, understand, appreciate, support, promote responsibility, and nourish independence. *Parent as Coach* is personal as well as practical and offers sage advice for building a strong foundation with adolescent children.

Maxym, Carol and Leslie York. *Teens in Turmoil: A Path to Change for Parents, Adolescents, and Their Families*. Penguin USA. February 2001.

Teens in Turmoil helps concerned parents turn fear and desperation into hope and action. Maxym and York guide parents in charting a course to get their families and teens back on track.

McGraw, Jay. *Closing the Gap: A Strategy for Bringing Parents and Teens Together*. Simon and Schuster. November 2001.

Despite their problems, insecurities, and fears, teens want to make better lives for themselves, want to break out of their molds, and want to discover their real potentials. McGraw delves deep into teen life, examining their ever changing, ever nerve-racking relationships with parents and peers. He provides a plan to help parents, teens, peers, and relatives learn to listen and speak, to act and react more effectively with each other. And through that reconnection, they learn to become active and instrumental parts of one another's lives again.

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TOPICS

Morris Shaffer, Susan and Linda Perlman Gordon. *Why Boys Don't Talk and Why We Care: A Mother's Guide to Connection*. Mid-Atlantic Equity Consortium, Inc. May 2000.

The authors explore in great depth the traps of male adolescence, especially the lack of "range of emotional expression." In a light and breezy tone, the authors mix parental observations with their professional expertise to create an informative and practical book. Interesting sidebars, exercises, checklists, great appendixes, and a comprehensive bibliography make this especially helpful to parents or professionals who work with boys.

Phelan, Thomas W. *Surviving Your Adolescents: How to Manage and Let Go of Your 13- to 18-Year-Olds*. Child Management, Inc. June 1998.

Phelan begins with a clear introduction to basic adolescent psychology with an emphasis on keeping minor but aggravating behaviors in perspective. He stresses the importance of maintaining communication between parents and teenagers and avoiding what he refers to as the four cardinal sins: spontaneous problem discussions, nagging, insight transplants (when parents expect their profound insights to be transplanted into the brains of their teens), and arguing. By adopting these suggestions, parents can establish or repair positive relationships with their teens that will help them overcome the trouble spots. The next half of the book outlines a series of parental roles to deal with unacceptable behaviors.

Pipher, Mary Bray. *Reviving Ophelia: Saving the Selves of Adolescent Girls*. Ballentine. 1994

The author cites case histories to illustrate the struggles required of adolescent girls to maintain a sense of themselves. The need to strengthen girls and to encourage emotional toughness and self-protection as a preparation for adulthood in our present culture is a major focus of the author.

Shandler, Nina. *Ophelia's Mom*. Crown Publishing Group. August 2001

An important book for mothers of adolescent girls, it addresses how the changes in their daughters' lives are prompting cataclysms in their own. Love, friends, and school as well as rejection and separation from parents are all topics in this informative and emotional book.

Shandler, Sara. *Ophelia Speaks: Adolescent Girls Write About Their Search for Self*. Econo-Clad. October 1999

This collection of writings of adolescent girls from all over the country reveals the true concern they share. The young author frames the collection with her own reflections and insight.

Snyderman, Nancy L. and Peg Streep. *Girls in the Mirror: Mothers and Daughters in the Years of Adolescence*. Hyperion Press 2002

This is a great resource for mothers in their journey raising adolescent girls. It includes a close examination of the role of peer influence along with a wealth of smart tactics for dealing with the usual mother-daughter conflicts that arise.

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HOT TOPICS

Videos

Active Parenting of Teens (workshop series): *Cooperation and Communication* (session 5). Marietta, Georgia: Active Parenting Publishers. 1998.

This session of the video workshop shows parents how to avoid mixed messages and blocked communication. In one segment, a mother discusses drugs and alcohol with her teens, culminating in the signing of a "no-use" agreement. There are also conversations about sexuality and violence.

This six-session, two-hour workshop series comes with a leader's guide and a parent's guide.

Guidance Club for Parents (series): *Encouraging Your Teen to "Open Up."* Santa Monica, California: Ready Reference Press. 1994.

This 17-minute video helps parents teach their teens that openly expressing their thoughts and feelings improves communication, reduces stress, and raises self-esteem. This is one in a series of videos offering advice to parents on how to help their teens overcome problems and develop healthy behaviors. (Also distributed by the Bureau for At-Risk Youth).

Successful Parenting (series): *Communication Is Crucial.* Winston-Salem, North Carolina: Richards and Taylor Productions. 1994.

This 19-minute video explains the importance of good communication in families, offers three goals for parents to keep in mind, and presents eight practical suggestions for improving communication with children of all ages. It also includes examples of parent-teen communication. A facilitator's guide complements the video. The video is available in Spanish. (Also distributed by Active Parenting Publishers).

Web Sites

www.aces.edu/teens/parenteen/

This web site from the Alabama Cooperative Extension System provides strategies for parents working with teens, including parent-teen activity ideas, parent-teen video messages, and parent and teen web sites.

www.apa.org/

The web site of the American Psychological Association has general public information on many critical issues of concern to parents. Violence, aggression, and other hot topics in varying resource materials are available.

www.parent-teen.com/

This online magazine for parents with teens is a project of Parents' Press Publishing.

www.parentingadolescents.com/

This is a useful site with advice and resources for parents. Parents can get free, extended responses to questions about parenting teens and preteens, while teens and preteens can also get information to help them understand parents.

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www.parentingteens.com/

This Parenting Today's Teen web site provides information, insight, and support for parents of teens. Links include living with parents, living with teens, communication, book reviews, and software reviews.

www.tnpc.com/

The National Parenting Center web site includes an online reading room with articles from *ParentTalk* newsletter. Expert authors include Thomas Armstrong, Vicki Lansky, and Evelyn Petersen. The site also has a chat room and book reviews

www.wholefamily.com/

Visit the link to the "Teen Center" with articles about family relationships, peer relationships, feelings, school, and hot issues. Teen Center also has a crisis center and advice from experts.

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