

# Topics for Parents of Adolescents

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## Parenting Adolescents: The "Happy Hormone" Years



Are you a parent worrying about the adolescent years? Most parents worry, but learning about this developmental stage can help reduce your fears and increase your understanding of the many wonderful milestones that await your adolescent.

In this workshop, Dr. Fritzemeier shares the ten tasks of adolescents. Successfully completing these tasks prepares your adolescent to enter the adult world confidently with the life skills necessary for living independently. Small group activities included.

## Nightmares of Parents of Adolescents

What's peer pressure like for adolescents today? It isn't what it used to be. As our children enter adolescence and spend more time away from home, we have less influence on their busy lives. Featured are the effects of both negative and positive peer pressure as well as practical ways parents can help teens resist negative peer pressure. Optional: Small group discussion.



## Warning! Keep Off the Roller Coaster:



Do you feel like you're riding an emotional roller coaster with your preadolescent or adolescent? Caused by hormones and rapid physical growth, adolescents deal with their changing emotions and social development. Find out how you can stay grounded during the ride of your life.

Topics cover: strategies for helping preadolescents and adolescents explore their unique identity development; causes of conflict with parents and parental influence; peer relationships; and functions of friendships; social skills; and dating. Optional: Small group discussion.

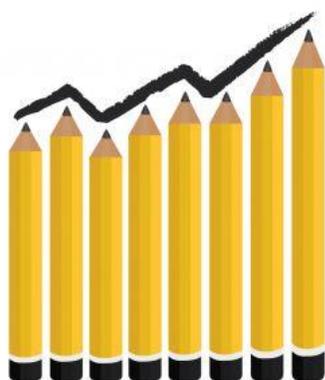
## “What Were You Thinking?”

Many adults question, "Do adolescents really think?" How many times have you muttered, "What were you thinking?" Adolescents develop advanced reasoning skills and abstract thinking skills. They actually “think about thinking.” These powerful cognitive changes give parents the opportunity to help mold their adolescents' thought processes before they leave the nest.

Discover why parents and their children are more likely to argue during adolescence. In this workshop, you'll also define cognitive development, explore the stages of cognitive development, learn how these changes affect teens, and receive practical pointers for parents. Optional: Small group discussion.



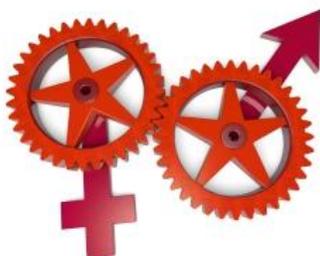
## "What's Happening to My Kid's Body?"



Mention the word puberty and many parents become terrified. Puberty is a rapid change in development and maturation involving hormonal and physical changes that take place primarily in the early adolescent years. Factors influencing physical growth and the typical sequence of pubertal development helps parents know what to expect for both males and females.

Strategies youth tend to use to cope with physical changes, developmental concerns for preadolescents and adolescents, issues around early and late developing adolescents, and parents' roles and responsibilities are all addressed in this workshop. Sex education resources handout available. Optional: Small group discussion.

## Promoting Abstinence in a Sex Crazy World



How did you learn about sex? Where are you in the process of teaching your adolescent about sexuality, sex education, and abstinence? This session promotes parents as the primary sex education source from pre-puberty throughout adolescence. Ideas and resources about developmentally appropriate information, sexual decision making, promoting abstinence and difficult topics are addressed with frankness. Optional: Small group discussion.

## "But Everyone Else is . . . "

**RIGHT!**

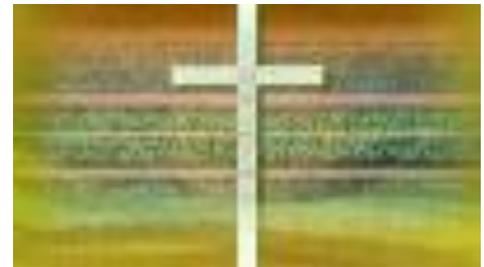
Today's adolescents view morals and values from a very different viewpoint than past generations. Helping adolescents embrace their own morals and values are keys for helping them transition into adulthood with solid beliefs.

**WRONG!**

Key areas include: contexts of moral development: both schools and parenting; five foundation skills for understanding encouraging moral development; adolescent decision making and risk taking; integrating character education into daily living; helping adolescents clarify values; how volunteering and service learning facilitates moral development; and steps in moral training. Optional: Small group discussion.

## "I'm Not Sure About God Anymore."

Today's adolescents are bombarded with a vast array of spiritual beliefs and religions. Helping adolescents embrace their own spiritual development and beliefs about God are keys to helping them transition into adulthood and "own" their faith.



Content includes: James Fowler's Stages of Faith Development; five dimensions for spiritual development; contexts of moral development: both schools and parenting; keeping your teens involved in church; and how significant others contribute to the foundation for making moral choices. Optional: Small group discussion.

## Letting Go



What are your memories of leaving home? Whether we want to think about it or not, our children will eventually leave our nests. Letting go actually begins long before high school graduation. Parents will receive tips for letting go when teens reach late adolescence. A "Declaration of Independence" for young adults is presented. Facing the realities of letting go and small group discussion questions answers the question, "Is there life after children?"

## **For Questions, Other Topics, and Scheduling Contact:**

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