





## SESSION 9: WEEKLY EVALUATION

**1. I FOUND THIS SESSION TO BE (PLEASE TICK BOX):**

- Not informative       Neutral       Quite informative       Very informative

**2. I FEEL THAT THE GROUP FACILITATORS WERE (PLEASE TICK BOX):**

- Not supportive       Neutral       Quite supportive       Very supportive

**3. I WOULD HAVE LIKED MORE INFORMATION ON**

---

---

---

**4. WE WOULD WELCOME ANY FURTHER COMMENTS ON THIS SESSION**

---

---

---

---

---

---

---

---

---

---

Thank you

**5. IS THERE ANYTHING FROM THIS SESSION THAT YOU WOULD LIKE THE GROUP FACILITATORS TO DISCUSS WITH YOU BY PHONE IN MORE DETAIL (PLEASE TICK BOX):**

- Yes, please phone me this week       No, thank you

Name:

---

Best contact number:

---





## PARENT'S MOT

### WHEN TO HAVE A PARENT MOT?

- When you are vaguely dissatisfied, depressed or tense.
- When you can't remember the last time you had a good night's sleep, relaxed, or ate a healthy meal.

### WHAT TO DO: A PARENT MOT CHECKLIST

- Do you usually get six to eight hours sleep?
- Do you eat something fresh and unprocessed every day?
- Do you allow time in your week to touch nature, no matter how briefly?
- Do you get enough sunlight, especially in winter?
- Do you drink enough water?
- Do you see your gynaecologist (or the equivalent) at least once a year?
- Do you see a dentist every six months?
- Do you know enough about your body and health needs?
- Do you get regular sexual thrills?
- Do you feel you get enough fun exercise?
- Are you hugged and touched amply?
- Do you make time for friendships?
- Do you nurture your friendships?
- Do you have friends you can call when you are down and who really listen?
- Can you honestly ask for help when you need it?
- Do you regularly release your negative emotions?
- Do you forgive yourself when you make a mistake?
- Do you do things that give you a sense of fulfilment, joy and purpose?
- Is there abundant beauty in your life?
- Do you allow yourself to see beauty and to bring beauty into your home and office?
- Do you make time for solitude?
- Are you getting daily or weekly spiritual nourishment?
- Can you remember the last time you laughed until you cried?
- Do you ever accept yourself for who you are?

These questions are not meant to make you feel bad or guilty. They are only meant as kind reminders to help you see how you are currently caring for yourself.





## TIPS FOR PARENTS OF TEENAGERS

It is difficult for us to realise that teenagers develop into young adults and to change our behaviour accordingly. Adolescents are coping with a number of conflicting pressures, success at school/exams, finding an adult identity, maintaining peer relationships, developing sexuality. It is normal for adolescents to push against the boundaries that are set, as they want to take control of themselves and their lives. Adolescents have strong emotional needs however and the conflicting pressures make it even more important that they feel secure in their usual/known environment eg: school/home. Although we can explain difficult adolescent behaviours by looking at external and internal conflicts, this is not a reason for condoning inappropriate behaviours.

**ADOLESCENTS** need the boundaries we set for them in order for them to feel safe. It is important however that they are moving towards self management and setting their own boundaries as well. Negotiation and compromise are therefore important aspects of relationships between adults and adolescents. Adolescents are very concerned about 'fairness' so it is important to be consistent in our responses and to discuss our reasons for the limits we are imposing. Young peoples' feelings of needing to 'belong' to a group are very strong at this stage. They will need to belong to a group of friends but also need to feel they belong at home.

**TEENAGERS** often give us the impression that their group of friends is more important than their families. This is an outward expression of the conflict of becoming independent whilst still needing emotional support and guidance. It is equally important at this stage that young people know that they are loved and cared for at home. Teenagers are good at pushing our emotional buttons. If we get upset and over emotional it is more difficult for us to think effectively and solve problems calmly. Don't be tempted to call names or threaten them with leaving home. Getting angry does not help us solve the problem, or help our relationships and may lead to punishments that are out of proportion.

**YOUNG PEOPLE** will learn effective ways of resolving conflicts by example as well as by negotiation. Living with teenagers can be a difficult and a stressful time. We also have to make the transition from our role as full time parents to people who have our own lives to lead. This in itself can be a difficult transition time for parents. It is important that we take care of ourselves if we are to be good role models for our teenager and help them learn effective ways of expressing their angry feelings.



**DO**

- Listen to their point of view
- Value their point of view even when you do not agree with it
- Respond calmly when explaining your point of view
- Have clear rules, rewards and sanctions
- Make boundaries explicit and clear
- Explain the reasons for your rules
- Negotiate rules together where possible and safe – but be clear when negotiation is not an option
- Aim for a win/win solution
- Wait until you are both calm to discuss things
- Avoid disciplining in anger
- Avoid making promises/threats that you can not carry out
- Aim to enforce rules consistently

**THINK ABOUT**

- Although angry outbursts may be directed at you personally, it is helpful to depersonalise them by understanding that you are being asked to provide a boundary. The conflict is probably not between two people but between the young person and authority.
- A major source of conflict between people is poor communication – misunderstanding about intentions, motives, etc., can all affect the way we respond. It is important to check that we have understood the young person's point of view and that they have understood ours.
- It is very easy to think they must know what you are thinking or feeling, particularly if you know someone well. It is often necessary to be explicit however and not make the mistake of thinking that they must know what you mean without checking it out.
- It is important to check that there are no extra stresses contributing to the behaviour, eg bullying, school work, peer pressure.





- Adolescents are experts at bringing red herrings into an argument! We may find ourselves being taken down an irrelevant track rather than continuing with the request in hand. It may be helpful to employ the broken record technique:

**PARENT:** "Would you tidy your room before you go out please?"

**TEEN:** "I did it yesterday"

**PARENT:** "Would you tidy your room before you go out please?"

**TEEN:** "You haven't asked ... to tidy her room!"

**PARENT:** "I am asking you to tidy your room before you go out please!"

- It is very tempting for us to get drawn into a discussion about other issues rather than staying on track. When you are being appropriately assertive, most young people will respond, albeit grudgingly!
- Learning to express strong feelings effectively now, will be good grounding for adult life.

