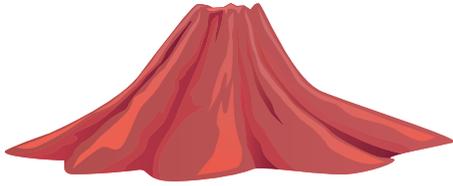




THE VOLCANO METAPHOR

At first glance it's nothing more than a hill . . . but what we don't know is that this hill is actually a dormant volcano.

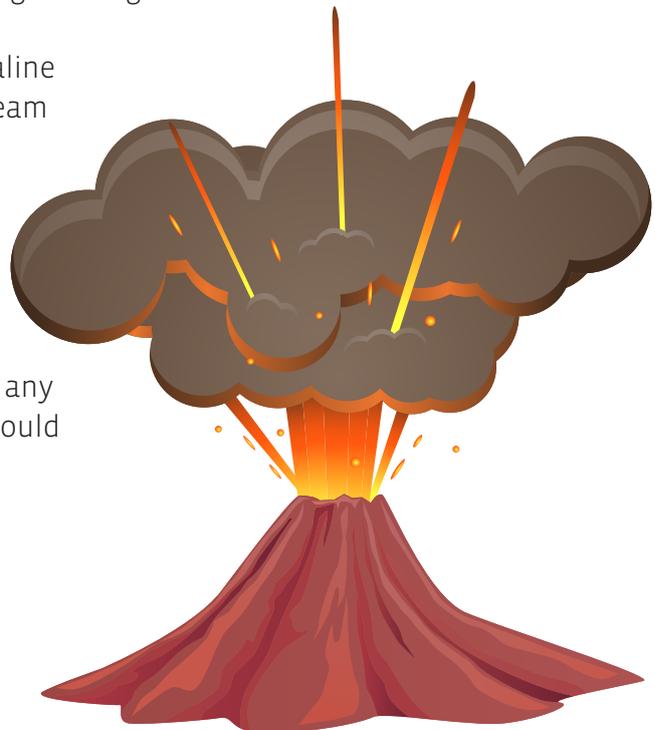


Explain that the bottom of the hill represents a calm non-aggressive mood. The ability to learn/communicate is relatively easy. However, many adolescents are not fully calm very often, they are usually part way up the hill, with their 'lava' already stirred up.



Many factors which are often 'unknown' to us can stimulate the 'lava's' arousal e.g. frustrations at school or with friends, a problem on the school bus, forgetting their homework/PE Kit, family conflict etc. One 'wrong word' or request can result in an eruption that can leave you both dealing with the consequences of that explosion...

Together discuss the behaviours that are common when a teenage explosion occurs. It must be the parent's priority to disengage and think about the safety of themselves, the teenager, and others during this period. The teenager's ability to communicate, or see, reason is virtually zero when the 'lava' is rising. So any attempt to explain your viewpoint will only prolong the spewing lava and prolong the length of the 'tantrum'. Introduce the conversation to include how long it takes for adrenaline (lava) to leave the blood stream after the eruption . . . (It's 90 minutes in adults). Any attempt to discuss the incident or problem could potentially lead to a second eruption. Therefore any discussion or issuing of any necessary consequences should happen much later.





I-STATEMENT

I feel (name the feeling)

When (say what happened)

Because (the reason)

I would like (what do you want to happen or change)





PERSONAL GOALS

FOR MYSELF

What I'd like to do less of:

What I'd like to do more of:

FOR MY TEEN:

What I'd like to see less of:

What I'd like to see more of:

(Adolescent Transitions Programme)





POEM: DON'T INTERRUPT!

Turn the television down!
 None of your cheek!
 Sit down!
 Shut up!
 Don't make a fool of yourself!
 Respect your elders!
 I can't put up with you anymore!
 Go outside!
 Don't walk so fast!
 Don't run!
 Don't forget to brush your teeth!
 Don't forget to polish your shoes!
 Don't slam the door!
 Where are your manners?
 Don't interrupt when I'm talking!
 Put your hand over your mouth when you cough.
 Don't talk with your mouth full!
 Come to the market with me.
 You spend too much money!
 No more pocket money for you dear.
 Go to your room!
 Don't stuff yourself with sweets!
 Don't point!
 Don't sit too near the television.
 You are not coming out until you have tidied your room.
 Don't interrupt when I'm talking!
 Did you get any homework today?
 Always carry a pen to school.
 Eat your dinner up.
 Wear your school uniform!
 Turn the television off!
 Bring any letters home from school.
 Come straight home tomorrow.
 Tidy your bed.
 Don't shout!
 Don't listen to my conversation.
 Don't look at the sun, it could blind you.
 Don't bite your nails!
 Don't suck your thumb!
 Why don't you answer me?
 You never listen to a word I say!
 Don't interrupt when I'm talking!

DEMETROULIA VASSILI

