



SESSION 5: PARENT HANDOUT

WHEN IT IS NOT OUR PROBLEM

Guide the teenager to solve the problem: Rather than hovering and rescuing by telling the teenager what to do, guide the teenager to finding a solution to his/her problem.

Help the teenager by offering choices and suggesting possible solutions to problems. The best solution to any problem lies within the skin of the person who owns the problem.

STEP 1: EMPATHY

"How sad" – "I bet that hurts"

STEP 2: SEND THE 'POWER MESSAGE'

"What do you think you are going to do?"

STEP 3: OFFER CHOICES

"Would you like to hear what other kids have tried?"

At this point, offer a variety of choices that range from bad to good. It's usually best to start out with the poor choices. Each time a choice is offered, go on to step four, forcing your teenager to state the consequence in his/her own words. This means that you will be going back and forth between step three and step four.

STEP 4: HAVE THE TEENAGER STATE THE CONSEQUENCES

"And how will that work?"

STEP 5: GIVE PERMISSION FOR THE TEENAGER TO EITHER SOLVE THE PROBLEM OR NOT SOLVE THE PROBLEM

"Good luck, I hope it works out"

Have no fear. If the teenager is fortunate enough to make a poor choice, he/she may have a double learning lesson.

