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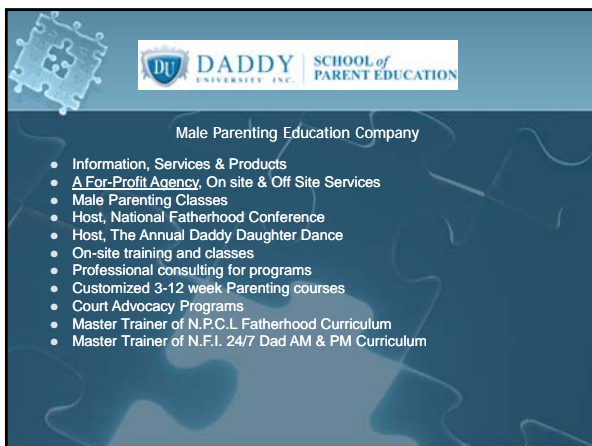
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- It is o.k. to enjoy yourself.
- Listen actively -- respect others when they are talking.
- Speak from your own experience instead of generalizing ("I" instead of "they," "we," and "you").
- Participate to the fullest of your ability -- community growth depends on the inclusion of every individual voice.
- The goal is not to agree -- it is about hearing and exploring different perspectives.
- Confidentiality
- Understand that this is a " Not About You " Zone

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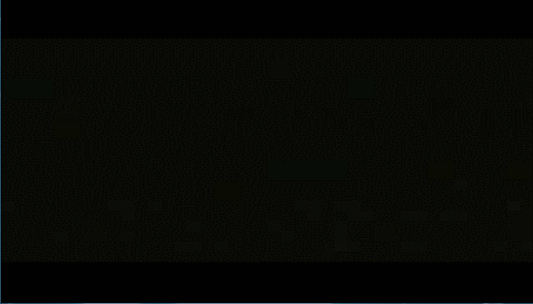

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### Parental Roles



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**Parental Roles**

- Fathers/Male Role:  
Security, empathy, courage, resilience, empowerment, independence, love
- Mothers/ Female Role:  
Nurturing, compassion, emotional stability, sensitivity, and love
- Parents Role:  
Consistency in life pattern, education, establish purpose

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**Parental Roles**

**TO PROVIDE:**

- Morals- pertaining to, or concerned with the principles or rules of right conduct or the distinction between right and wrong; ethical:
- Values- monetary or material worth. What a person finds important or assigns personal worth in.

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**Understanding Our Children**



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## Our Children

### In the adolescent brain

The immature prefrontal cortex, the last region to develop, may be responsible for an increased desire for speed, danger, and rebellion, and an indifference to planning and priorities. These traits can be harmful and destructive, but it also makes teens unconventional, creative, and daring thinkers.

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## Our Children

Ages 9 Thru 21

- puberty body changes proceed in boys and girls
- menstruation occurs in almost all girls by age 16
- masturbation and sexual fantasies become integrated and common especially among males
- sexual attraction of the opposite sex becomes stronger
- mood swings develop in body image from extremely self-critical to overly vain
- more attention is paid to personal appearance and dress
- Sex role expectations begin to be acted out according to culturally established patterns (dating, petting, territorial aggression, uncontrolled energy, etc.)

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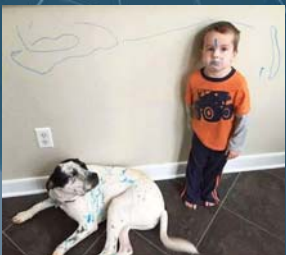
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## Brain Stages

- Calm
- Aroused
- Alarmed
- Fearful
- Terrorized



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## Mental Checklist

### Mental Stressors

- H
- A
- L
- T
- S

### Safety Plan

- Who to call?
- What to do?
- Where to go?
- Food?
- Place?
- Action?
- What to say?

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## Structure & Discipline

- Structure comes first
- Structure = rules of the house
- Rules can be empowered by all
- Rules should be known by all
- Discipline means to teach a lesson
- Lessons are taught by your actions
- You must consistently follow through!



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## Our Children-Our Investment

- Your child's purpose is to help change the disposition of the family.
- Your child's purpose is to become a self-sufficient person who provides something positive to the community and the world.
- They are not our friends, they are the future generation.

I Have A Dream

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Q&A



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