



CBTS NEWSLETTER

FEBRUARY 2010



Building Relationships With Teens

A good relationship is crucial for making an impact when working with teens. There are several common elements. Some people seem to have a natural talent for working with young people. These people seem to make the biggest impact on kids, gain the most respect, and, most importantly, kids genuinely like them. What do these people do in their relationships with kids that sets them apart?

Listening to Teens - Truly listening to what kids have to say may be the most important element in relationship-building. So often, kids feel unheard or dismissed. Those adults who give kids their full attention, and listen without judgment or interruption, will find that teens will seek them out.

Being Genuine - Kids can smell a phony a mile away. While its great to show an interest in what kids are interested in, those who take it to far, and try to be someone they're not, won't fool anyone. Teens are more apt to respect adults who can relate to kids while being true to themselves.

Spending Time Together - Getting involved with teens' activities, rather than just watching or supervising from the sidelines, also helps in rapport building. Those who have the best relationships with teens are familiar with what teens like and genuinely enjoy hanging out with them.

Recognizing Individual Strengths - Each kid is good at something, but sometimes they need help figuring out what that is. Especially for the teen who may not be good at academics or athletics (the two talents most often recognized and celebrated), an adult who supports his interests and fledgling skills may make a huge impact on his life.

Helping Build Independence - As they develop, teens naturally want to take on more independence and be more responsible for themselves. Adults can support this developmental need by providing just the right amount of structure to help kids be successful, and gradually helping less and less until kids are flying solo.

Respecting Uniqueness - Another critical element of building trust is accepting kids for who they are. Adults who are able to recognize and celebrate each teen's uniqueness will help boost confidence and self-respect.

Providing Affirmations - Kids need frequent positive feedback to let them know they are on the right track. They are often full of self-doubt, but usually don't let anyone know about it. Adults who recognize and tell kids they've done a great job, had a great idea, or did an excellent job assisting with a task boost kids' confidence and encourage them to try again next time.

Raising a Responsible Teen

by Robert Needlman, M.D

Being responsible is not just a matter of doing what one is told. A responsible teen decides what needs to be done, does it, and accepts the consequences. She knows that her actions matter, and she feels in control of herself. Responsibility is learned over time. An irresponsible adolescent poses a special challenge to parents because the time for learning responsibility already has largely passed. Still, there are things you can do to help your teen catch up:



If you want children to keep their feet on the ground, put some responsibility on their shoulders.

—Abigail Van Buren

•*Do less.* Stop doing things for your teen that she can do for herself, such as making her lunches when she forgets or running an extra "emergency" load of wash so she can have the clothes she wants for the next day. The parents who complain most bitterly about their teens' irresponsibility are often the ones who work the hardest to ensure that their kids don't have to do anything themselves.

•*Let consequences happen.* You don't have to come up with special punishments to discourage irresponsibility. Simply let nature take its course. If your teen forgets homework assignments, she might get a lower grade or have to do make-up work. If she doesn't throw her clothes into the hamper, she might have nothing but dirty clothes to wear. If she's late for her job, she might lose it. Of course, it's hard to stand idly by while your child suffers embarrassment or defeat; a parent's natural inclination is to jump in and help out. Remind yourself that the most helpful thing you can do is to allow your adolescent to learn to take responsibility--the sooner, the better.

•*Give a regular allowance, but no extras.* When teenagers see their parents as a source of ready cash, they have no incentive to handle money responsibly. Instead, decide on a fair amount, enough to allow your teen to spend a little and also save for larger purchases. Then refuse to pay for any nonessential items. If your teen spends irresponsibly, she won't have the money for something else later and she'll learn the value of a dollar.

•*Help your teen get organized.* Adolescents who have trouble staying organized can appear irresponsible. You can teach them techniques for organization, such as always putting their keys in a particular spot, using a day planner, and so on. As simple as these strategies might sound, they are not always obvious or easy to adopt. You may need to work hard with your adolescent to teach her the organizational habits she needs.

Responsibility is not learned overnight. If your child has enjoyed years of a relatively carefree and careless existence (with well-meaning but overly indulgent parents making sure that she never faced the consequences of her actions), it's not reasonable to expect things to change overnight, no matter what you do. It may take many months, if not years, for her to learn that she can--and needs to--handle things herself. How responsible or irresponsible she is at any particular moment is less important than the fact that she (and you) are making progress towards your shared goal.

Raising Responsible Teens

Peers undoubtedly influence each other, but social science research demonstrates time and time again that parents actually matter most. Peer pressure move over. There's a more powerful influence in the lives of teens and it's found at home. While peers undoubtedly influence each other, social science research demonstrates time and time again that parents actually matter most. However, having parents per se is not the determining factor. Rather it is the degree to which mom, dad, or guardian actually monitors the teen's behaviour that is a decisive factor in reducing the risk of pregnancy as well as drug, alcohol, and cigarette use in their teen.

Higher degrees of "parental monitoring" is measured by the parent's knowledge and ability to respond to these questions:

Do you know who your teen's friends are?

If your teen is going to be late, does s/he know that you expect him/her to call?

Do you know where your teen is and what s/he is doing after school?

Does your teen tell you who s/he will be with before they go out?

Do you know where your teen is when he or she goes out at night?

Do you know how your teen spends his or her money?

Do you know the parents of your teen's friends?

Do you talk with your teen about the plans s/he has with his/her friends?



Some parents back off from monitoring their teen thinking they are thwarting their teen's independence. In other situations, the teen may view such questions by their parents as intrusive and may balk, feeling their parents are demanding and interfering.

There are 3 key things to remember for successful parental monitoring:

1. Parental monitoring works best with parents who already have a reasonable relationship with their teen. Family members should show mutual respect and there should already be family rules in place that govern behaviour.
2. Parents must approach the issue of parental monitoring from a point of view of concern, guidance and respect. Many of the questions are a matter of courtesy and cut both ways. It is reasonable to know when to expect family members and to know how to contact each other in case of emergency. It is equally important for children to know where parents are and how children can make contact. This is simply mutually respectful behavior for planning and safety.
3. Start when your kids are young and be a good role model. If you want to know where your kids are, always let them know where you are too. Explain and demonstrate from an early age that family members stay in touch and show concern for each other.

Children and teens develop self-esteem as a result of their parent's involvement in their lives. Parental monitoring may seem like a pain to some teens, but hey, you only concern yourself with things that are important. So, parental monitoring isn't about surveillance, it's about caring. That's a good message to any teen.



FEBRUARY EVENTS

February 1-28	African History Storytelling through Arts & Crafts	Monday - Thursday
	WVC Cultural Center 1355 W. 3100 S.	9:00 a.m. - 6:00 p.m. Free
February 6	Murray Concert Band	Murray High School 5440 S. State Street
	7:30 p.m.	Free
February 17	Utah Choral Artists Choir Festival	Murray High School 5440 S. State Street
	7:00 p.m.	Free
February 24	African American Spirituals	Westminster College 1840 S. 1300 E.
	Calvary Baptist Church Choir & Westminster College Choir	7:30 p.m. Free
February 26-27	Safe Kids Fair	South Towne Expo Center 10:00 a.m. - 6:00 p.m.
	Free	
February 27	Diabetes Expo	South Towne Expo Center 9:00 a.m. - 4:00 p.m.
	Workshops, cooking demonstrations, family fun zone	Free

The following is the recipe for Wanda's delicious Carrot Cake that she brought to one of our proctor trainings.

Carrot Cake

Sift together the dry ingredients below and set aside:

2 C. flour 2 tsp. baking soda 1/2 tsp. salt 1 tsp. nutmeg

1 tsp. allspice 1/2 tsp. cloves 2 T. cinnamon

Combine the following in a large mixing bowl: 1 C. oil 2 C. brown sugar

Beat until well mixed, then add one at a time heating well between each 4 eggs. Add dry ingredients gradually, mixing well between. Then add 2 cups of very finely grated carrots and 1 (20 oz.) can of crushed undrained pineapple (I put the grated carrots in my blender with the pineapple and puree the mixture before adding.) The mixture will be very liquid. Pour into greased and floured 9x13" pan and bake at 350 degrees for 40-50 minutes.

Cream Cheese Frosting: 1 (8 oz.) pkg. of softened cream cheese 1 cube of softened butter

Beat very well until fluffy, then gradually add 1 1/2 lbs. of powdered sugar. Mix well and add 1 tsp. vanilla. Can add a T. or so of milk if you like it creamier. Can also add unsweetened coconut to the frosting or put it on top with walnuts.



Utah geologists and seismologists are doing the calculations and monitoring the sensors and they are warning that we are due for a huge earthquake in Utah. They say that's not a prediction, it's a promise.

It's not IF it's going to happen, it's WHEN it is going to happen.

In light of recent events, the following information is extremely important.

TIPS FOR EARTHQUAKE SAFETY

by Doug Copp

Rescue Chief of the American Rescue Team International

1. Most everyone who simply 'ducks and covers' when buildings collapse are crushed to death. People who get under objects, like desks or cars, are crushed.
2. Cats, dogs and babies often naturally curl up in the fetal position. You should too in an earthquake. It is a natural safety/survival instinct. You can survive in a smaller void. Get next to an object, next to a sofa, next to a large bulky object that will compress slightly but leave a void next to it.
3. Wooden buildings are the safest type of construction to be in during an earthquake. Wood is flexible and moves with the force of the earthquake. If the wooden building collapses, large survival voids are created. Also, the wooden building has less concentrated, crushing weight. Brick buildings will break into individual bricks.
4. If you are in bed and an earthquake occurs, simply roll off the bed. A safe void will exist around the bed.
5. If an earthquake happens and you cannot easily escape by getting out the door or window, then lie down and curl up in the fetal position next to a sofa or a large chair.
6. Most everyone who gets under a doorway when buildings collapse is killed. If you stand under a doorway and the doorjam falls forward or backward you will be crushed by the ceiling above. If the door jam falls sideways you will be cut in half by the doorway. In either case, you will be killed.
7. Never go to the stairs. The stairs and remainder of the building continuously bump into each other until structural failure of the stairs takes place. Even if the building doesn't collapse, stay away from the stairs. The stairs are a likely part of the building to be damaged. Even if they are not collapsed by the earthquake, they may collapse later.
8. Get near the outer walls or buildings or outside of them if possible. It is much better to be near the outside of the building rather than the interior. The farther inside you are from the outside perimeter of the building the greater the probability that your escape route will be blocked.
9. People inside of their vehicles are crushed when the road above falls in an earthquake and crushes their vehicles. Get out of your vehicle and either sit or lie next to them.

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Wednesday, February 3, 2010
12:30 - 2:30 p.m.
Utah Youth Village
5800 South Highland Drive
Topic: Dealing with Aspergers

CBTS staff will be attending this training and proctors are also welcome to attend. For more information, contact Lori.



CPR/FIRST AID TRAINING

Murray High School (147 East 5440 South)
Tuesday, February 23 6:00 - 9:00 p.m.

Salt Lake Library (210 East 400 South Room A or C)
Monday, February 8 6:00 - 9:00 p.m.
Saturday, February 13 9:00 a.m. - 12:00

Contact Save-A-Heart at 1-888-582-7114 for more information

If you attend one of these courses make certain you let them know that you are with CBTS. The first 1.5 hours is CPR training and the second 1.5 hours is First Aid.

CBTS PROCTOR TRAINING

Wednesday, February 17, 2010
5:30 p.m.
220 East 3900 South

Topic -Gender Specific Training
Presenter: Kim Sorensen, LCSW

Smart Steps Class

A Smart Steps class is available through the Family Support Center. The class addresses issues unique to step families. Concurrent youth and adult classes are available (ages 6-18). Dinner and child care are provided free of charge.

2010 Schedule

Thursdays January 21 - March 4, 2010 from 6:00 - 8:15 p.m.
Thursdays, March 11 - April 22, 2010 from 6:00 - 8:15 p.m.

4805 South 1760 West Taylorsville
Free

"Love" Humor

Some people ask the secret of our long marriage. We take time to go to a restaurant two times a week.

A little candlelight, dinner, soft music and dancing. She goes Tuesdays, I go Fridays. ~ *Anonymous*

The most effective way to remember your wife's birthday is to forget it once.... ~ *Nash*



wife and I always compromise; I admit I'm wrong and she agrees with me.

Marriage is a relationship in which one person is always right and the other is a husband.

Words to live by: Do not argue with a spouse who is packing your parachute.

The Rules by which females are governed

The FEMALE always makes the rules.

The RULES are subject to change at any time without prior notification...by the FEMALE.

No MALE can possibly know all the RULES.

If the FEMALE suspects the MALE knows all the RULES, she must immediately change some or all of them.

The FEMALE is never wrong.

If the FEMALE is wrong, it is due to a misunderstanding which was a direct result of something the MALE did or said wrong.

The MALE must apologize immediately for causing the misunderstandings.

The FEMALE may change her mind at any time.

The MALE must never change his mind without the express written consent of the FEMALE.

The FEMALE has every right to be angry or upset at any time.

The MALE must remain calm at all times, unless the FEMALE wants him to be angry or upset.

The FEMALE must, under no circumstances, let the MALE know whether or not she wants him to be angry or upset.

The Male is expected to "mind read" at all times.

The MALE who doesn't abide by THE RULES; can't take the heat, lacks backbone -- and is a wimpl

Any attempt to document the RULES could result in bodily harm.

The FEMALE is ready when SHE is ready. The MALE must be ready at ALL times

