

# CBTS NEWSLETTER

May 2009

## TEACHING TEENS ACCOUNTABILITY & RESPONSIBILITY

by Julie Baumgardner

"A young lady told her parents she was going to the movies with friends. When asked what movie they were going to see, she promptly told her parents one title knowing that she intended to see an R rated movie, which would be unacceptable to her parents. She says she will never forget the moment when someone sat down next to her in the movie theater...it was her father! Another teen's parents specifically told her she could not have a MySpace page. Over time her parents suspected she had a page. After being confronted, she confessed, but felt justified in her actions because 'everyone else is doing it.'

Some would say this is typical behavior for teens and just part of growing up. But in a world with so much uncertainty, how much room should parents give their children? Both of these examples are excellent reminders of why parents need to remain vigilant. These days, teens often come across as pseudo-sophisticated. If parents are not careful, they can make the mistake of falling into the illusion that they are just dealing with young adults when that is not the case.

Research shows that the adolescent brain is still under development even into the early 20's. An adolescent's sense of right and wrong, of healthy appropriate boundaries, their sense of how to assess a situation--what is safe and what is not--are all still developing. While they do have a lot of knowledge, teens typically don't accept the fact that bad things can happen to them. Regardless of whether

a child believes he has the right to do something, it is the parent's job to impress upon him that as long as you live in this house these are the expectations you will live by.

There have been times with my own children when I have made a decision based on existing information. Later on, I received more information and I changed my mind. This boils down to issues of personal respect, safety, truth and honesty. These are essential.

I have to be able to trust my kids. If I can't trust my children to do what I expect of them, whether in my presence or not, there is a cost that impacts our relationship and potentially every other relationship my child has.

Parents need to remember the following:

- Start with the premise that adolescents are not finished developing yet. They are on a huge learning curve. If they were toddlers and just beginning to walk, would we turn them loose in a crowd and let people knock them all around or would we be there to provide safety and structure?

(cont.)

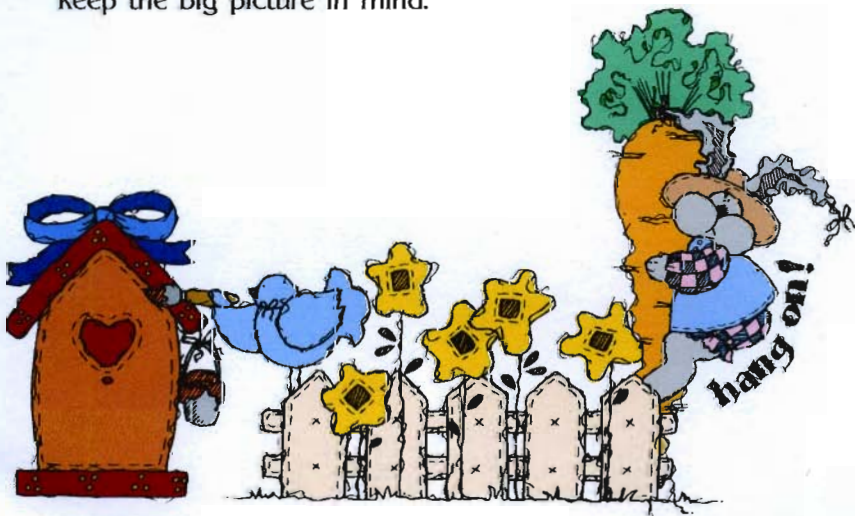
## HOW TO TEACH A CHILD HONESTY

(Teaching Teens Accountability & Responsibility cont.)

As adolescents, they are toddlers entering the adult world. Many teens try to justify their actions with statements like, 'Everybody else is doing it..' this is not uncommon. However, it is the parent's job not to ignore this kind of faulty thinking. Part of the safety net is teaching them why this thinking will not get them where they want to be in life.

- Open communication with your teen is critical. Expect your child to tell you the truth and understand that they probably will make mistakes in judgment. It is your job to stay one step ahead of them.
- When teens are sneaky, appropriate consequences should follow. They need to understand what happens when trust is lost and what you have to do to rebuild that trust.
- Be a savvy parent. Pay attention to their internet practices. Call other parents to confirm plans.
- Be careful not to make decisions based on fear. Your goal is to constantly assess their ability to handle a situation and make decisions based on fact.

The ultimate goal is to raise responsible adults. Learning and applying these valuable lessons during the adolescent years can help them develop the critical thinking skills necessary to successfully meet life's challenges. The next time you feel your teen wearing you down, hang in there and keep the big picture in mind."



"Honesty is one of the many challenging values you must teach your child. In younger years, children don't truly understand the harmful consequences of being dishonest, so they test. It takes years to instill a sense of honesty in a child, and it takes a great deal of patience on a parent's part. The following steps give you some helpful tools.

**Step One** Model honesty for your child. The most important tool any parent can use is practicing what you teach. If you lie to your children or they overhear you lie to someone else, they think it is acceptable behavior.

**Step Two** Encourage your child to tell the truth and to share their thoughts and feelings with you. If they know they can be honest with you about what's on their mind without you getting mad or critical, they see that honesty is the best approach.

**Step Three** Avoid questions that make it easy to lie. If you already know your child spilled on the carpet, don't ask 'Did you spill your drink?' This question encourages kids to lie to stay out of trouble. Instead simply say, 'Please clean up your spilled drink.'

**Step Four** Be mindful of little white lies, how you use them and how you explain them to your child. You don't want your child to be so honest that she hurts someone's feelings. Even if she hates the dress her grandmother gave her, she needs to learn how to say something generic instead of being brutally honest.

**Step Five** Give praise when your child tells the truth, particularly if you've reprimanded her before for lying. Praise boosts self confidence and encourages positive behavior.

**Step Six** Don't lose your temper when your child lies. Take the circumstance and turn it into a teaching experience by asking her, 'How do you think you should have handled this?' This approach works much better than simply scolding harshly and punishing her."

## CONGRATULATIONS!!!



The Governor's Office, in conjunction with Ken Garff Automotive Group, has developed an incentive-based program for high school students called "Keys to Success." Students have the chance to qualify for a Key Card that entitles them to incentive awards from several sponsors. Qualifications include:

1. Grade Point Average
2. Improvement in Class Attendance
3. Involvement in Visual or Performing Arts
4. Tutoring
5. Volunteer work

During the last two months of school, school administration, teachers and counselors assemble and select 50 students from the pool of Key Card recipients. These selected students randomly compete for a chance to win a car at a Keys to Success year-end assembly. During the Cottonwood High School assembly in April one of our CBTS youth, Michael, was the winner of the car! We are all very excited and proud of Michael and his much deserved success.

## THANK YOU!!!

Alyssa White completed her internship with us at the end of April. She did an excellent job, particularly with proctor training and proctor licensing concerns. We will miss Alyssa and wish her well as she continues her educational pursuits.

## BEST WISHES!!

*Anna Lieber became Mrs.  
Jeff Reams on April 7,  
2009. We wish them both  
much happiness.*



## CBTS PROCTOR TRAINING

Wednesday, May 20, 2009

6:30 p.m.



220 East 3900 South #16

Presenter: Planned Parenthood

For: ALL Proctors and Youth in their care



## CPR/FIRST AID TRAINING

West Jordan Library (1970 West 7800 South)

Saturday, May 16 10:15 a.m.

Sandy Library (10075 South 1350 East)

Wednesday, May 20 5:30 p.m.

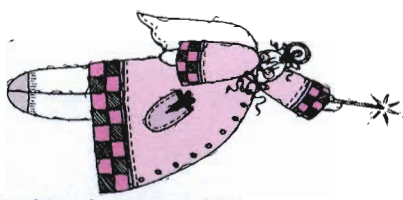
Holladay Library (2150 East 4800 South)

Thursday, May 7 5:30 p.m.

Taylorville Library (4870 South 2700 West)

Saturday, May 2 10:15 a.m.

Let them know you are with CBTS if you attend



## TEACHING HONESTY TO YOUR CHILDREN

Teaching honesty takes a considerable amount of time and patience, and it isn't anything like teaching your kids how to tie their shoes, where they understand the basic concept after a few lessons. You'll have to keep hammering away at these lessons for a long time.

You teach honesty by encouraging your kids to tell the truth and to let you know what's on their minds. When you take something away from them you know they are going to be mad. Ask them how they feel. Tell them it is okay to tell you. Then ask why they are mad. This strategy teaches your children that they can talk to you honestly without you getting upset or angry. Your part in this business is that you must be prepared for this kind of input from your children.

A second way of encouraging honesty is to avoid confrontations in which telling a lie is made easy for your child. Avoid direct confrontation when you already know the answer to something. Don't put them in a situation where fibbing is easier than telling the truth. Even as an adult, when someone asks whether you ate the last cookie, you get a little nervous-like maybe you did something wrong.

The third and most important way of teaching honesty is being honest yourself. Don't ever lie to your children. You're setting an example. You also must be careful about unintentional lies. These kinds of white lies can teach your kids not to trust you.

### Traditional White Lies

White Lie	Truth
"It's just medicine. It tastes good."	It tastes like lighter fluid.
"This won't hurt."	Gestapo-approved torture tactic.
"I just have to grab one thing from the store."	Two hours later, you own the store.
"We're going to Aunt Mildred's."	Any time at Aunt Mildred's is a long time.

The correct ways to make the intended statements represented by white lies are:

1. "The medicine helps to make you feel better."
2. Not saying anything about pain is best. When you can't get away with that strategy, say, "This may not feel so good."
3. Either grab your one thing and leave or say, "I have some shopping to do. I don't know how long it's going to take."
4. "We're going to Aunt Mildred's. We'll leave by 11:30."



## PRS ACTIVITY

### HONESTY

hmmm....

"Integrity is telling myself the truth. And honesty is telling the truth to other people."

1. How many lies do you get to tell before you are a liar?
2. Do you consider yourself to be an honest person? Why, or why not?
3. When people are dishonest with you, how does it make you feel?
4. What is your definition of an honest person?
5. How important is it to you that your friends be honest?
6. It's been said that cheating is another form of lying. Do you agree? If so, why.
7. What does honesty have to do with your character?
8. What is a phoney?

Come up with three home rules that will help everyone to remember to be honest.

- 1.
- 2.
- 3.



Write about a time in which you were dishonest. Why did it happen? How did you justify it? How did you feel about it at the time? Did it affect any of your relationships? Did it cause problems for you? How do you feel about it now? What did you learn from it?

What consequence should be in place for not being honest?

## TWENTY FIVE WAYS TO LOVE YOUR CHILD

- Discipline them with love.
- Listen to them.
- Appreciate their uniqueness.
- Be patient.
- Share their dreams.
- Share your dreams.
- Support them in their activities.
- Praise them.
- Make them feel safe and secure.
- Talk with them about issues.
- Respect their privacy.
- Teach them to believe in themselves.
- Create special time for them with you.
- Leave them funny, happy notes.
- Take them for medical appointments.
- Attend parent-teacher conferences.
- Teach them to be responsible
- Don't let them manipulate you.
- Help them to like themselves.
- Make sure they take care of their hygiene needs.
- Play games together.
- Watch movies together.
- Teach them to be assertive.
- Remember that words can hurt.
- Never abuse them in any way.



"OK, Mr. Cynic! Twenty-two years and four kids later, it still fits! Pay up!"

## THE PERFECT MOTHER'S DAY GIFT!!

### SUMMER CLASSES FOR MEN

Registration must be completed by May 10, 2009

#### Class 1

*How to Fill Up the Ice Cube Trays--Step by Step*

Meets 4 weeks, Monday & Wednesday

for 2 hours beginning at 7:00 p.m.

#### Class 2

*The Toilet Paper Roll--Does It Change Itself?*

Round Table Discussion

Meets 2 weeks, Saturday 12:00 for 2 hours

#### Class 3

*Fundamental Differences Between the Laundry*

*Hamper and The Floor--Pictures & Graphics*

Meets Saturdays at 2:00 p.m. for 3 weeks

#### Class 4

*Dinner Dishes--Can They Levitate and Fly*

*Into the Kitchen Sink? Examples on Video*

Meets 4 weeks, Tuesday & Thursday for 2 hours

#### Class 5

*Learning How to Find Things--Starting With Looking in*

*the Right Places and Not Turning the House Upside*

*Down While Screaming*

Monday at 8:00 p.m., 2 hours

#### Class 6

*Is It Genetically Impossible to Sit Quietly*

*While She Parallel Parks?*

4 weeks, Saturday's, 2 hours

#### Class 7

*The Stove/Oven -- What It Is and How It Is Used*

Live Demonstration

Tuesdays at 6:00 p.m.

Upon completion of the above courses,  
diplomas will be issued to the survivors.