



CBTS NEWSLETTER

September 2007

Parenting Teenagers and Knowing When to Believe Them

by Ashleigh Rhodes

You should always try to trust your teenagers, but when you know they're lying, you have to put your foot down. Here are some of the top lies that teens tell.

1. *It's not my (pot, beer, cigarettes, etc.) Someone else put it in my (bag, bedroom, car, drawer, etc.)*

Yeah, right. The next question for the parent to ask is: 'If you are keeping this for your friend, what is your friend keeping for you?' One of the reasons parents can get fooled here is that they so desperately want to believe that their children really aren't doing drugs, smoking cigarettes and drinking beer. What you have to remember is that even if they were not lying and were just 'holding it for a friend,' they are still associating with that type of crowd, and chances are, they are also participating in illegal activities. You have to get to the source of the problem, 'Which friend, and why would you want to be friends with someone like that?'

2. *We don't have homework in that class.*

Sometimes this is true. Or they have already done it at school. Often times it's a good excuse for not doing homework, or for covering up for skipping class. Either way, it's one of the easiest to check out by talking with the teacher.

3. *The teacher doesn't like me.*

Maybe so. This is usually just a handy excuse for bad grades or getting in trouble. Either way, it's the kid's job to find a way to make it work, even if the teacher doesn't like them. It's simply practice for the real world, where not everyone is going to like you. The interesting thing about this one is the teen's solution to the problem, it goes something like this - "The teacher doesn't like me, so I'll show them by flunking the class." Who is this hurting??

4. *Of course there will be parents at the party.*

The answer to this one is, "If that's true, then you certainly won't mind me calling up your friend's parents to see if there is anything I can do to help." Don't embarrass your teenager; just call to verify that there will be supervision.

5. *If you let me off just this once, I'll promise I'll never do it again.*

Another one parents want so badly to believe. Unfortunately, what the teenager usually learns here is that the parent really doesn't mean it about consequences. While in some ways it might be easier to let them off the hook, it teaches very little about the real world.

6. *This is the first time I've tried it!*

Probably not. If they have it on their person, and are keeping it in the house or somewhere that you might find it, they have probably been experimenting for a while. Don't be suckered in by this excuse; besides, even if it is the first time, it needs to be nipped in the bud.

7. *Give me one good reason why I can't do that.*

The crucial part not to believe here is that they are really asking for a legitimate answer to the question. After giving a well reasoned adult answer, here is something you will not hear from your teenager, "Well, thank you for explaining it that way to me. And now that you have, not only do I no longer want to do it, I'm embarrassed and ashamed for asking." It is also important, however, not to snap back with, "Because I'm your mother and I said so." This causes resentment and anger. Go ahead and give them a legitimate answer and start teaching them that logical reasoning should come before "I want" or "I need."



- ✓ *Set 30, 60, 90 day goals with your child. What's most important for the first 30 days? Ask your child what they plan to accomplish and help them make a plan to get there. Creating a regular routine with time for homework, chores, outside activities and free time is critical. At the end of the first 30 days, review what worked and what didn't and then discuss the 60 and 90 day goals.*
- ✓ *Write it down. Don't just talk about goals. Have your child write them down. The act of writing down goals reinforces the message.*
- ✓ *Watch your language. How do you talk about school with your child? Do you praise their teachers and tell your child they can do it? Or do you complain about how hard it is and that the teacher is expecting too much?*
- ✓ *Avoid excuses. Teach your child the importance of taking responsibility and minimizing excuses.*
- ✓ *Set up rewards that fit your family. Discuss the best ways to recognize successes. Be sure to recognize effort not just results.*
- ✓ *Model goal setting. What are your goals for the next month? Discuss with your child where you are and what obstacles you've overcome.*
- ✓ *Eat together. Take time to sit down together as a family and give each member the opportunity to talk about what's working and what's not working. Strategize solutions.*



BE ON TIME

Do you seem to be late for school a lot? Being on time is so important for academic success. Use these tips for being time:

1. *Understand the importance of being on time. Students who are always on time are the people who earn the best grades, win scholarships and get into colleges. In the working world, the people who are always on time are the people who get promotions.*
2. *Get enough sleep. If you have trouble getting out of bed in the morning, then make a serious effort to get to bed earlier.*
3. *Give yourself a realistic amount of time to dress and groom. Get up early one morning and time yourself to see how long it actually takes to get ready.*
4. *Know exactly when you need to be at your destination and subtract ten or fifteen minutes to establish your arrival time. This will give you time to go the restroom or talk with friends. If you depend upon public transportation to get to school, always keep an eye on schedule interruptions. Have a back up plan for your transportation.*
5. *Set your clock forward by ten minutes. This is a psychological trick that many people play on themselves...and it really works.*



TIPS FOR PARENTS

if your teen is struggling at school

- ◆ *identify and solve the problem together - is the problem school or something else*
- ◆ *be very clear that drugs, alcohol and lack of sleep and poor eating affect their brain and ability to learn - they'll need your help to have a healthy lifestyle*
- ◆ *staying at school makes more sense if they can see a reason, so set some realistic goals together and make a plan to achieve them*
- ◆ *be positive about school - don't let your own experiences with school stop you from encouraging your teen to stay at school*
- ◆ *set boundaries and realistic expectations like "I want to see your geography homework is finished before you to to the movies with your friends."*
- ◆ *focus on their wins and successes*
- ◆ *think about part time work - it might give your teen some options for the future*
- ◆ *keep talking with them - not at them - and be on their side*



Training Opportunities

DCFS COMMUNITY PROVIDERS PRACTICE MODEL TRAINING

Tuesday, September 11
Tuesday, September 18
Tuesday, September 25

9:00 a.m. - 1:00 p.m.

Oquirrh Training Academy
(2055 S. 3800 W.)

This training is for all proctor parents working with DCFS youth. They are working on setting up an evening session for those proctors who work during the day. This will provide you with 12 hours of training toward your yearly mandatory 30 training hours. Either email (enapper@utah.gov) or call Elise Napper at 952-4192 to register.



CBTS PROCTOR TRAINING

Wednesday, September 19
6:30 p.m.
220 E. 3900 S. #16

Topic: Diversity/Cultural
Responsiveness

All CBTS proctors are expected to attend

Save-A-Heart CPR/First Aid Certification

Sprague City Library (1100 E. 2131 S.)

Thursday, September 6 5:30 p.m. - 8:30 p.m.

Saturday, September 15 10:15 a.m. - 1:15 p.m.

West Valley Library (2880 W. 3650 S.)

Monday, September 24 5:30 p.m. - 8:30 p.m.

Anderson/Foothill Library (1135 S. 2100 E.)

Saturday, September 29 10:15 a.m. - 1:15 p.m.

Sandy Library (10075 S. Buttercup Drive 1350 E.)

Thursday, September 20 5:30 p.m. - 8:30 p.m.



*Let them know you are with CBTS when you arrive and they will bill it to us

THINGS TO DO WITH YOUR TEEN THIS YEAR

When you get rushed with things to do throughout the year, it's your relationship with your children that suffers. Even when you take notice to the fact that you are over scheduled, it tends to be your teen's need for your attention that is placed on the back burner. At these times our teenagers are only likely to get attention by acting out. This happens normally because teens become so capable of handling their own basic needs that we don't notice we've stopped paying *positive attention* to them.

Here is a list that will help you remember and give you ideas of positive things to do with or for your teen.



1. Talk to your teen about his/her day.

2. Volunteer together.

3. Make your teen his/her favorite dinner.



4. Cook a meal together.

5. Develop a new healthy habit together.

6. Make your teen a hot breakfast before school.

7. Go for a walk or a hike or a bike ride.



8. Hug them.

9. Build or add to a family website together.

10. Watch a movie together.



11. Scrapbook or journal a day in your teen's life.

12. Go to a professional sports event or concert.

13. Make a video.

14. Have a garage sale.

15. Write a letter to a grandparent about something wonderful your teen did.

16. Bake cookies together.



17. Talk to your teen about college.

18. Read one of your teenager's current magazines.



19. Root for your teen. Whether it's a sports game or a big test, let them know you are on their side.

20. Plan the family vacation together.

21. Take a class together.

22. Plan a birthday party for them.



23. Plant a garden together.

24. Make a pillow or quilt out of your old T-shirts and blankets.



25. Write your teen a note and put it in their lunch or on their mirror.



F.Y.I.

South Main Public Health Center will be moving to a new location beginning September 4.

Their new address is:
3690 South Main Street
468-3690

****Correction to the September calendar:
Substance Abuse Group on Tuesday's will begin at 5:30 p.m and not at 5:00 p.m. as indicated on the calendar.*

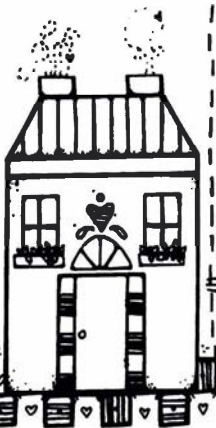


PROCTOR PARENTS NEEDED

We are still in need of additional proctors (single, couples, and/or families).

Once they have completed the following requirements and have been with us for three months, you will receive a bonus check of \$100.00. One of our proctors has received an extra \$200.00 this month alone!

- ◆ pass the background check
- ◆ complete initial training
- ◆ be available for placements for at least a three month period



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PRS ACTIVITY

WHAT'S THE PROBLEM?



◆ Classes that are the hardest for me: _____

◆ In my classes, the tasks that are the hardest for me are: _____

◆ When I need to take a test, the hardest part is: _____

◆ Taking tests would be easier if I could: _____

◆ Ideas I have about tools that might help me: _____

◆ Things I want to tell the teachers and others about my school work: _____

◆ People I think could help me with my school problems are: _____

◆ Questions I want to ask: _____

◆ The goals I hope to accomplish this year in school are: _____

◆ _____
