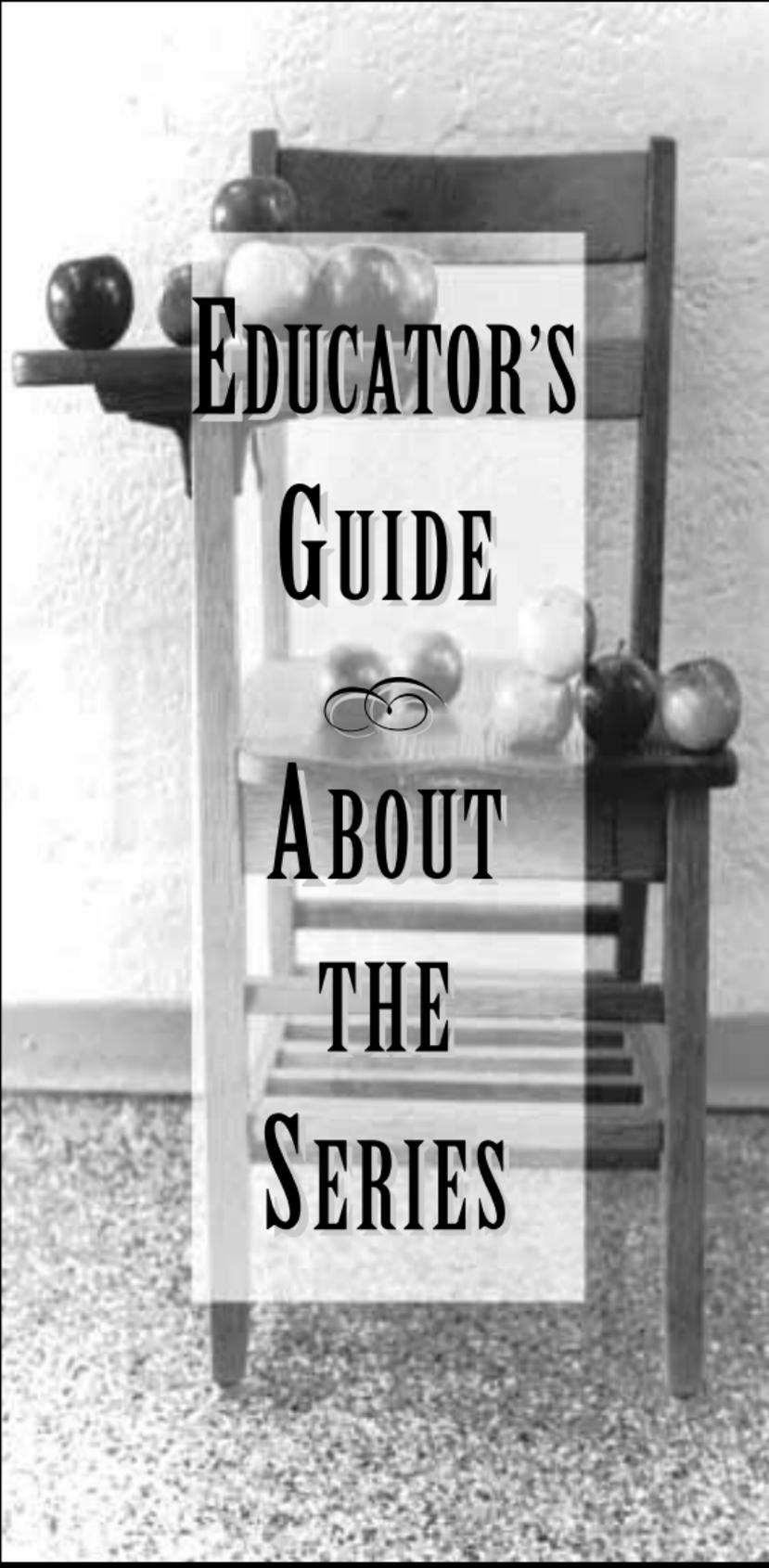




COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF MARYLAND AT COLLEGE PARK
UNIVERSITY OF MARYLAND EASTERN SHORE

Leaflet 277

PARENTS OF TEENS: SHOW YOU CARE



**EDUCATOR'S
GUIDE
ABOUT
THE
SERIES**

About the Series

Each of the eight leaflets in this series has two parts. The first part explains what parents need to know about their teens' basic emotional needs. The second portion of each leaflet, the "Ways to..." section, provides ideas for parents to try out with their teens.

The main goal for educators is to help parents do things that will help their teens grow to be healthy, confident, and skilled. This series will help educators address issues that, too often, are ignored in parenting publications.

Titles of leaflets in the *Parents of Teens: Show You Care* series are

- Talk With and Listen to Your Teens
- Spend Time With Your Teens
- Get to Know Your Teens' Friends
- Show Affection to Your Teens
- Involve Teens in Family Decisions
- Show Confidence in Your Teens
- Help Your Teens Do What Is Right
- Talk With Your Teens About Sex

Ideas For Use

You can use the leaflets with one parent, with a group of parents, or as topics for media coverage. Discuss with your volunteers how this information can be used with local parent groups.

With One Parent

Before you talk to individual parents about their teenagers, you may want to look at the leaflets for ideas that would be of use in your conversations. Discuss the “Ways to...” suggestions with the parent, and then give the leaflets to her or him to take home.

If you meet with the same parent a number of times, you may want to use a different leaflet each time you meet. If you use the series this way, you will have topics for eight meetings. You can use the topics in any order. The order for any given parent will be determined by their concerns and interests.

With Groups of Parents

Besides using the leaflets one-on-one, you can use them with groups. You may wish to present background information on the series in a brief talk. Read the leaflets before you speak, and know the ideas well. Practice your talk before you get to the meeting. Use your own words. Have the group sit in a circle so everyone can have eye contact. Talk to your audience from the heart; really believe what you say.

You can ask the parents to get into small groups and talk about the “Ways to...” ideas. Ask them to give their own special tips on helping and understanding their teens.

You may want to have parents role play some of the ideas in the leaflets. Try breaking the group into pairs and having one person play the parent and the second person play the teen. After the role plays, have group members talk about the ideas presented. Ask how it felt to play the parent role. Ask how it felt to be a teen. Have the participants switch roles. This will help them experience what both the parent and teen do and feel. Tell them how to use role playing at home. Role playing can help parents and teens learn how to get along better.

If you meet with parents more than once, begin your meetings by talking about ideas they have tried at home. Listen to what they tell you. Encourage their use of new ideas. Help them to repeat what works for them. Praise their use of positive caring behaviors with their teens.

In the Community

You may also wish to take *Parents of Teens: Show You Care* materials to community groups, such as volunteer, civic, and religious groups. You may wish to share the leaflets informally with parents when appropriate. Keep a few copies at home to use with your family, neighbors, and friends.

With Media

Look for opportunities to use the ideas in various media. The leaflet

topics could be used in print or could easily be adapted for use on local radio and television programs.

As Handouts

You may not have a chance to talk in depth with individual parents. However, you might have a chance to say briefly that you have some ideas that work for many parents. Give the parents the ideas that you feel will be most helpful to them and their teens. Suggest that they take one or more of the leaflets home and think about some of the ideas they contain. Suggest that they put the leaflets in a handy place to refer to when looking for ways to show their teens that they care.

Followup

When you talk with the parents later, ask how things are going with them and their teens. Did they try something new? If so, ask them what they did, what happened, and how they and the teens felt about it. Also ask these questions:

- How did the teens react?
- Did the teens' behavior change?
If so, how?
- How do you think the teens felt?
- How did the parents feel?
- How have things at home changed as a result of using these new ideas?

As an educator, you have favorite ways of working with parents and groups of parents. Use whatever works best for you.

For more information, look at Leaflet 8 “A Listing of Maryland’s Cooperative Extension Service Publications and Videos.” The section on parenting includes information on raising young children, preteens, and teenagers.

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