

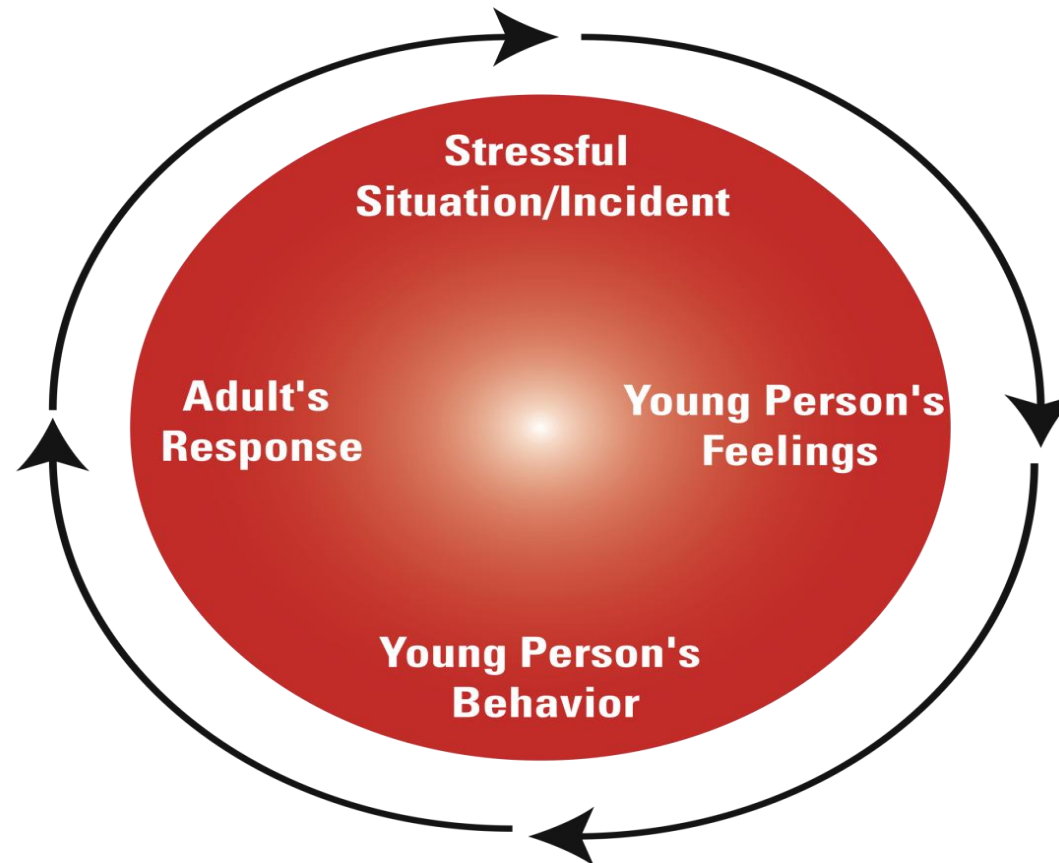
What follows is an excerpt from the Parenting seminar created by Rock Solid Refuge. For more information, visit www.RockSolidRefuge.com/seminars

PARENTING TODAY'S TEENAGER

A decorative graphic consisting of a solid teal horizontal bar at the top, followed by a white horizontal bar, and then three thin, parallel teal horizontal lines on the right side of the white bar.

Conflict Cycle

THE CONFLICT CYCLE



- Young people usually misbehave for a reason
- The behavior that we see usually has underlined feelings and or needs. Try to find out the cause of the misbehavior, what's below the surface.
- All behaviors have a root cause.
- Abnormal behavior usually begins with Abnormal circumstances.

ASK QUESTIONS!

(Remember teenager feel before they think)

- Questions have an amazing way to get us to THINK and to think outside the box.
- Questions make you feel valued.
- Questions are the key to unlock the door to Opportunity.
- Ask Questions to Create Connections.

Influence

- Remember if they don't have a Relationship with you, they will have it with someone else.
- If they don't get wisdom from you they will search for it somewhere else.
- If they don't spend time with you they will spend it with someone else.
- If you don't give them value, then they will find their value elsewhere.

Three Types of young people

1. Mature

2. Immature

3. Rebellious

1. Teach (Speak into)

2. Put Boundaries in place

3. Use Consequences

- Kids these days are fighting for control. They're longing to take the principles they've learned and desire to apply them to their own lives.
- When parents are unwilling to let go, teens feel as though they're left with no other option than to take control by force.

Allowing teens to take Control

- Give people some “voice” in decisions that affect them.
- Give choices and time to decide.
- Let them know that their preferences matter to you.

Authority

- *How do I hold my child accountable to rules or boundaries.*
- *Provides consistency and structure.*
- *Provides Boundaries.*
- *Set & Enforce limits.*
- *Protects the Child.*
- *Protects the family.*
- *Provides Safety.*
- *Appropriate Discipline.*