

# Active Parenting of Teens : ) third edition

## Session I: The Active Parent

Tuesday, September 25, 2018

- Teens today
- Styles of parenting
- Control vs. influence
- Mutual respect
- Method of choice

## Session II: Winning Cooperation

Tuesday, October 23, 2018

- Who owns the problem?
- Active communication with teens
- Promoting cooperation between parents and teens

## Session III: Responsibility & Discipline

Tuesday, November 27, 2018

- Basic discipline
- Problem-solving with FLAC
  - "I" Messages
- Time 4:15 to 5:45 or 6:00 to 7:30 p.m.
- No session in December.
- Option to attend as many sessions as you wish.
- Fee: First Session Free then, \$5.00 per session – waived if needed.
- Books available at St. Mary's Parish Office and Religious Education Center.
- Facilitator: Catherine Cwiakala

## Session IV: Responsibility & Discipline

Tuesday, January 22, 2019

- Advanced discipline skills & logical consequences

## Session V: Building Courage, Redirecting Misbehavior

Tuesday, February 26, 2019

- The Think-Feel-Do Cycle
- Courage and self-esteem
- Five goals of teen behavior
- Power struggles

## Session VI: Drugs, Sexuality, and Violence: Reducing the Risks, Part 1

**New Date** - Tuesday, March 19, 2019

- Overview of the issues
- Prevention strategies 1-4 (with a focus on sexuality)

## Session VII: Drugs, Sexuality, and Violence: Reducing the Risks, Part 2

Tuesday April 23, 2019

- Prevention strategies 5-10 (with a focus on alcohol and other drugs)