

# THE PREVENTATIVE PARENT

HELPING PARENTS BE PROTECTIVE FACTORS IN THE  
LIVES OF THEIR TEENS

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- Teenage Resiliency
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## Safe Dating

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More than not, the conversations I have with teens in the Monroe community are all about relationships. This is a time in a teen's life in which they explore their own romantic interests. Unfortunately there are so many forces working against teens: social media, peer pressure, and seeing potentially harmful relationships from peers. How do we make sure teens are practicing healthy relationships? Here are some healthy vs. unhealthy habits to talk to your teen about:

**Healthy:** The relationship is moving at a comfortable pace. Neither party feels as if they are being forced or rushed into something.

**Unhealthy:** One or both individuals are rushing things, crossing boundaries, and taking their relationship to the "next level" well before they feel ready.

**Healthy:** There is honesty and trust built between each individual. Both partners feel they can communicate their needs and are respected.

**Unhealthy:** Sometimes one or both partners don't tell the truth. Their location has to be shared so the other partner knows where they are at all times. One partner doesn't give the other space when it is needed.

**Healthy:** Each partner has their own friends outside of the relationship. They are able to spend time with others and the other partner respects time apart.

**Unhealthy:** The relationship is the only relationship in an individual's life and they are dependent on that person for all social interactions. One partner makes the other "unfriend" all others on social media sites.

**Healthy:** Teens meet others at school, clubs, or other youth-focused events. Getting to know each other in person.

**Unhealthy:** Teens meet others on discord, snapchat, or other social media. They get to know each other in an online setting without ever meeting, potentially giving away personal information that could put their safety in danger.

For more information on safe dating, check out the [One Love website](#).

# Teenage Resiliency

Since the pandemic, I have noticed quite the change when it comes to teenage resiliency. Teens are more likely to give up, avoid stressors, and lack goal setting skills. How do we teach our youth to overcome the struggles, conflicts, and stress they will experience in high school and in life?

First things first, make your teen aware that the struggles they face now will only help them in the future. Remind them of some of the challenges they faced in the past and talk about how they have become stronger through those struggles. More likely than not, they built tools and skills throughout past challenges. Helping teens recognize their learned skills can help them acknowledge they can face present challenges.

Help your teen ask for help. We are not meant to tackle this life in isolation. Teens have the ability to ask for help from parents, teachers, and peers. Sometimes this can be anxiety provoking, so ask your teen "what's the worst that can happen?" chances are good it isn't as bad as it might seem. Then, ask "what's the best outcome?" Typically this outcome is well worth the risk.

Have teens help *you* solve problems. This can help them build problem solving skills. The more they develop their problem solving skills, the more they can problem solve in their own difficult situations.

Practice self-control and model it to your teen. How often do you avoid something you should be doing? Teens learn from what they see! Even if you want to avoid a task, practice self-discipline so your teen understands they sometimes have to do the things they *don't want* to do before they do the things they *want* to do. Hold them accountable in their tasks! Teens actually crave accountability as much as they crave freedom!

The most important thing to note when it comes to teenage resiliency is to have grace. They *are* teens! They're going to make mistakes, and when they do, help them learn and grow.



## Community Resources

SEE WHAT RESOURCES ARE IN THE COMMUNITY

### After School Programs for Children & Youth:

Take the Next Steps Kidz Club:

<https://www.ttns.org/kidz-club-after-school-program>

Monroe Boys & Girls Club:

<https://bgcsc.org/clubs/monroe-club/>

Sky Valley YMCA After School Care: <https://ymca-snoco.org/programs/child-care/school-age-care/>

### Mental Health Services

CH Counseling Services

<https://www.chcounselingservices.org/counselors>

Stories of Hope

<https://www.rosydeprado-storiesofhope.com/>

SeaMar Behavioral Health

<https://www.seamar.org/snomish-bh-monroe.html>

### Community Support Groups for Teens

Queer and Trans Youth Community Group:

<https://www.rosydeprado-storiesofhope.com/groups>

**Are you concerned about your teen's mental health or substance use? Contact the student assistance professional at their school for a check in!**

### Park Place and Hidden River Middle Schools:

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