

Can you think of a time when you would have wanted more parent involvement or less parent involvement?

- When scared. Parents stepped up and talked to administrators to resolve the issue
- Wish a parent would have been more involved – especially first year when hanging out with people who were a bad influence and grades were not great
- Not helpful when parents just get angry
 - Slow down, ask questions... “How can I help?”
- This school is not like other schools – appreciative of parent involvement
 - Take a step back to appreciate what we have
- If your kid doesn’t want to talk about something, don’t push (break-ups,, gossip)
- Asking questions as a hardcore interrogation is more than any teen wants
 - Normal conversation will often turn to questions
 - Keep it casual and comfortable, let the teen lead to deeper subjects

How would you want parents to react to a party with illegal substances, etc.

- May be upset, but it does show that parents care and happy they care
- If consequences are too strict, it leads to hiding things
 - Need to feel a sense of respect
 - Easier to talk with less boundaries
- Kids will mess up, but we know (for the most part), what is right
- Need to loosen the reigns before college
- Adjustments may need to be made based on what they are going through
- If you attack, kids will defend
- Parents could share personal experiences for perspective
- Know there might be some experimentation
- Talk doesn’t necessarily lead to use

How would you define a healthy relationship between parents and teens? This can include PDF – Play time, Down time, Fun time.

- It is great to learn from parents how to do things: chores, money management
- Holidays are family times that create great memories.
- Casual time, no homework or work, focus on us (teens) as people
- An occasional day to relax and just take a break is special.
- Driving and talking seem to go together
- One on one time with no talk about things that will cause stress
- Ask a question about what they are passionate about
- Focus on conversation, without multitasking – be present
- Do unexpected things that will be memorable (Great America after school)
- Humor
- Listening, offering a story, and acknowledging that teen’s feelings are valid

How well do your plans align with what parents want for you?

- Doing ROTC because of the cost
 - It’s scary, but parent confidence in teen’s decision is comforting

- Make sure they are doing the applications on their own
- Gap year – no application, no SAT or ACT
 - international process is very different
 - It
- Parents underestimate how much kids think about this
 - It can be scary to go off on your own
- Community college is a good choice for some
- Parents often want kids to stay close, but don't expect them to be too close
- Children change a lot from 14 to 18; they will change from 18-21, too.
- Don't go to a place you will dread
 - Great advice: If you wake up dreading what you are doing, it's not right for you
 - And the interests are always changing
- Stay open-minded, don't impose one type of success; understand the passion of your child
- Parents need to resist peer pressure; what's good for one person is not good for every person.

What are some things your parents have modeled well for you and what would you want to model as a parent?

- Taking time to oneself and taking care of myself
- Happiness
- Practicing what you preach
- Be thankful for kids, they work hard
 - They are working hard for you
 - Sometimes kids are working to get good grades so they don't disappoint their parents.

Questions from Parents:

Have you had "The Talk" with your parents? How did that go?

- Explaining the emotions and how it could be manipulative was the most useful part
- Nobody on either side is looking forward to it
- Religion may be part of it and can provide strength when needed
- It's better to get birth control with parent knowledge/advice
- Don't shame teen for sexual activity, it will only push them away
- You want them to be prepared for college when parents are not there, so make sure they have the information they need and a supportive person to talk to

Are there times when your parents add to academic stress?

- There are higher standards than when parents were kids, so the base level may be higher
- We're trying our best
- We're already stressed, so feeling like we're disappointing parents just adds to that stress

- If we're getting a bad grade, it only makes it harder if our parents get angry. Ask what will help.

My kid doesn't want to talk to me. How can we get them to talk to us?

- Students go through many stages during high school and take advantage of those times when they want to talk. It's a confusing time for us.
 - There are times when we don't want to talk, then there are times parents probably wish we would shut up
- Just be there. Don't push, let it be natural. Let them know you will be there for them.
- Sometimes teens need space and will come to you when they need to talk.

Throughout the night, texting was used to get feedback from the parents in the audience.

Questions asked were:

- 1) Which of the following statements rings true for YOU growing up as a teenager? My parents knew...
 - a. ...my friends and what I was doing with them.
 - b. ...what and how I was doing in school academically.
 - c. ...what my interests were and encouraged me.
 - d. ...me and respected and valued who I was.
- 2) Which of the following words accurately describe the role one or both of your parents played in your life as a teenager?
 Dictator • Manager • Consultant • Friend • Dependent • Absent
- 3) After I left high school, the path I chose to take was most influenced by whether or not...
 - a. ...my parents would be PLEASED.
 - b. ...my parents would/could PAY for it.
 - c. ...I had PASSION for it.
 - d. ...it would lead to making good MONEY.
 - e. ...it would give me high STATUS.
 - f. ...it felt right for me.
- 4) Do you think your wishes for your kids are aligned with their wishes for themselves?
 - a. Yes
 - b. No
 - c. I don't know
- 5) Do you care for yourself as well as you'd like your kids to care for themselves?
 - a. Yes
 - b. No
- 6) In what ways would you like to better model health and self-care for your kids? Please answer in one or two words only.

