

Parenting Revolution

Teenager Edition

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ACTIVITY SHEET



Want to get a read on how healthy your teenager is physically, emotionally and spiritually? Take a look at and listen to what goes into and comes out of their mouth. This session explores the key factors associated with diet and dialogue. More specifically, the importance of having a balanced diet (what goes in) and the discipline of spoken words (what comes out). It is during the teenage years that both dieting, and self-loathing cultures can be detrimental for your teens neurological and psychological development. Therefore, as parents, it is important to be on the lookout for warning signs and to model well.



OBJECTIVES SUMMARY

The session designed to help you:

- (a) understand importance of a balanced diet for a teenagers physical, emotional and cognitive development
- (b) create a positive food (and food for thought) culture in your home
- (c) speak words of life over your teens

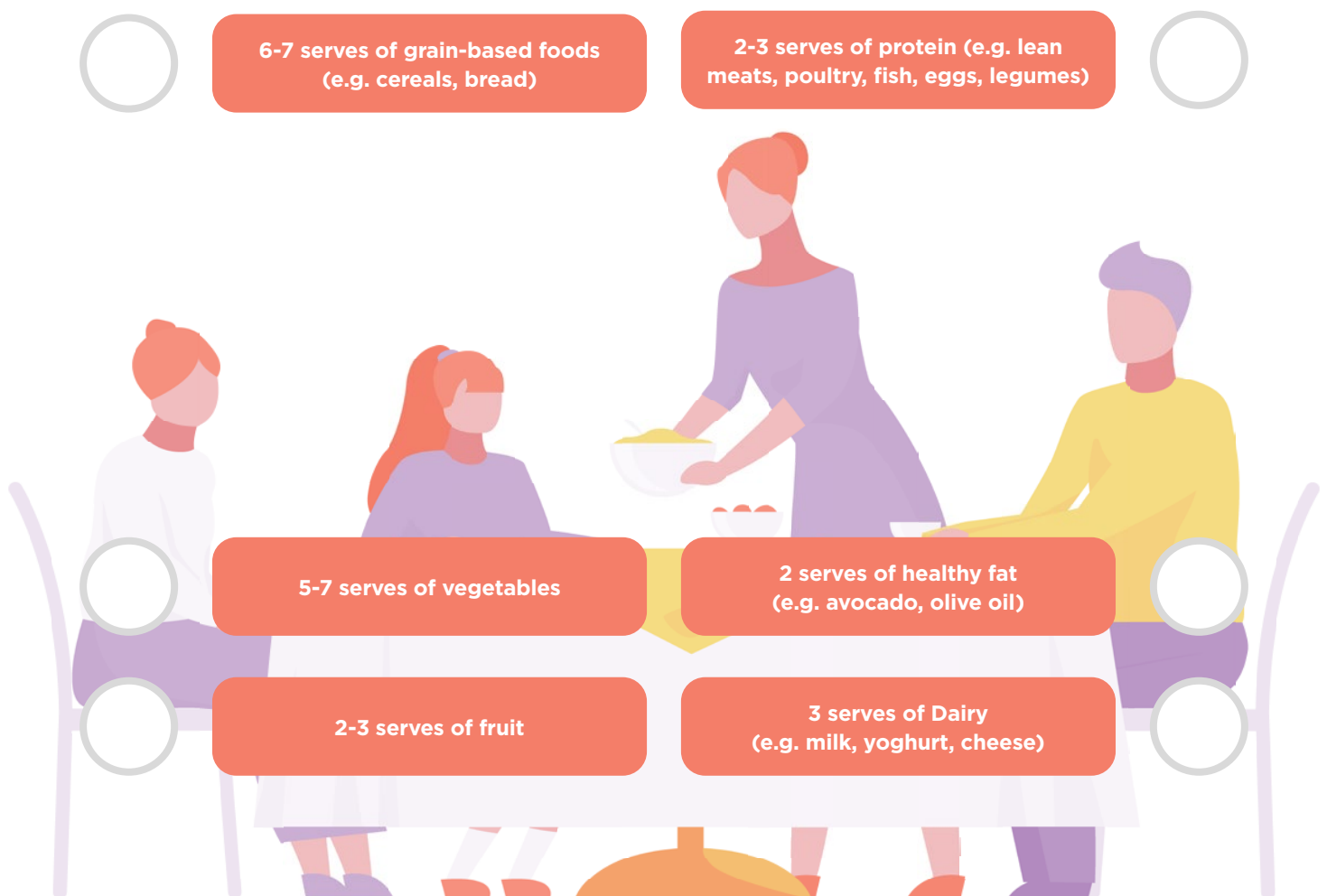
Food Foundations

Not only is your teenager's diet important in regulating their physical health, there's an equally important relationship between food and mood. For many teens, food is frequently used as a mechanism for coping (i.e., comfort eating) or an expression of control (dieting, bingeing, purging). Diet, in this regard, can be a double-edged sword. Research has shown that diet can exacerbate mental illness or aid in the treatment thereof. For this reason, it's important to ensure your teen is getting the kind of nutrition that will set them up for success.



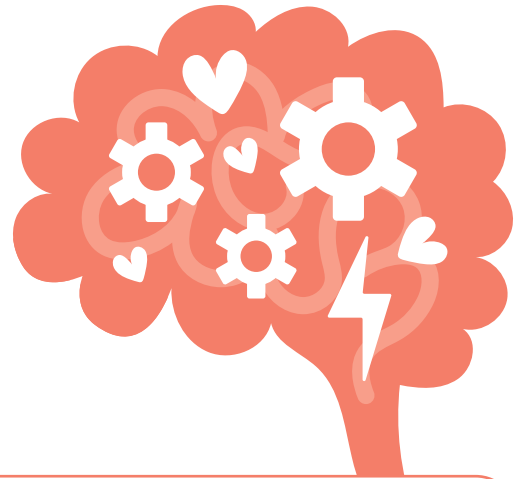
How well is your teenager fuelling their body and brain?

How many of the standard daily recommendations does your family already meet? ✓



EATING REGULARLY, ADEQUATELY, AND COVERING THE FULL VARIETY OF FOOD TYPES MAKES FOR NORMAL, BALANCED, NON-DISORDERED EATING.

Nutrition = Brain Condition



FATTY FISH

Dark cold sea fish like salmon, tuna, black cod, mackerel and sardines contain Omega-3 fatty acids, which are linked with lower rates of depression



DARK CHOCOLATE

Cocoa stimulates endorphin production (important for emotional well-being) and is rich in chemical compounds (serotonin) that arouse pleasure



FERMENTED FOODS

Probiotic based foods like kombucha, kimchi, yoghurt and sauerkraut, support healthy gut bacteria that can lead to increased serotonin levels



BANANAS

Rich in both potassium and vitamin B6, bananas help stimulate serotonin (emotional well-being) and dopamine (focus and pleasure) neurochemicals



BERRIES

Packed with antioxidants, berry's help regulate stress in the body and fight free radicals (maintaining good health).



POULTRY

Chicken and turkey contain high levels of tryptophan (an amino acid that helps produce serotonin). Certain nuts and seeds may be an alternative



BEANS AND LENTILS

Legumes are an excellent source of B-vitamins, which stimulate serotonin (emotional well-being) and dopamine (focus and pleasure) neurochemicals

Food Culture

When it comes to influencing our teen’s diet, it’s not just what they’re consuming which is important, but also how they’re consuming it. The attitudes that your teenager adopts towards certain foods (and eating in general) can have either a positive or detrimental consequence. Research shows that negative associations with foods (such as fear, guilt or disgust) or labelling certain foods as ‘forbidden’, ‘bad’, or ‘naughty’ can lead to dieting, and poor body image and pre-clinical symptoms of disordered eating. Alternatively, families who maintain positive attitudes towards healthy foods are more likely to adopt a healthier lifestyle with higher body satisfaction.

PARENTAL MODELLING HAS A PROFOUND INFLUENCE ON FOOD-BEHAVIOUR, ATTITUDES AND CULTURE. TO HAVE A BENEFICIAL INFLUENCE OVER YOUR TEENAGER’S RELATIONSHIP WITH FOOD, START BY REFLECTING ON YOUR OWN ATTITUDES.



How would you describe the food culture, rituals and attitudes of your upbringing? ✓

Imbalanced (unhealthy)		Healthy and balanced		Imbalanced (health fanatical)	
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Q: What were some of the positive rituals that you would like to adopt/maintain in your own family (e.g. eating at the dinner table; family celebrations, Sunday lunch)?

Identify any unhelpful food attitudes or rituals in your own home that may need to change? ✓

Giant serving portions		Grazing while consuming media		Dieting or diet culture	
Snacking before dinner		Too many sweetened drinks		Eating in bedrooms	
Skipping meals		Emotional eating and binging		Not eating together as a family	
Poor meal planning		Fast food / Packaged foods		Eating while in the car or on the go	
Eating in front of the television		Not staying well hydrated		Labelling foods as ‘naughty’ or ‘bad’	

Food for thought

YOUR WORDS ARE VERY POWERFUL! THEY HAVE THE POTENTIAL TO ENCOURAGE, TO INSPIRE AND EMPOWER. HOWEVER, THEY HAVE THE POTENTIAL TO DEMOTIVATE, DAMAGE AND DISEMPOWER. CONSIDER THE MANNER IN WHICH YOU SPEAK TO YOUR TEEN. DO YOUR WORDS BUILD UP OR TEAR DOWN?

“Life and Death is in the POWER of the Tongue”

(Proverbs 18:20)

Tone and Temperament

Research shows it's not just what you say that matters, it's how you say it that counts. The emotional tone you use has an even greater impact than the information being conveyed. For example, if good news is delivered with a negative tone, it has an adverse impact. Therefore, if you want successful interactions with your teen, don't just consider what you want to say, consider how to say it with love.



Match the following statements with an appropriate tone to make the greatest impact:

AUTHORITATIVE	FIRM BUT CALM	UNDERSTANDING	TENDER/LOVING	SOFT/GENTLE
"I get the sense you were hoping for a better result, right?"				
"Come show it to me. I'm sure we can work this out together."				
"Watch out, that's hot! Take care not to get burned!"				
"I would like you to wrap it up and pack it away now please."				
"At times, it will be 3 steps forward 2 steps back, but keep going."				
"I'd like you to please surrender your phone until tomorrow."				
"Help me to understand, why did you do it that way?"				
"I'm sorry they treated you that way. You didn't deserve it."				
"These excuses don't excuse you from your responsibility."				
"Effort is as important as the outcome. Give it your very best."				

Issuing a Citation

Want to increase the amount of positive interactions in your household? Become a detective! Spot the character strengths in your teen and issue a citation of encouragement. Parents are often quick to see and highlight poor habits, negative attitude or destructive behaviours. Of course, sometimes it's necessary to call them out. However, the wise parent is intentional about balancing out negative citations with positive ones. When you identify a virtue in action, tell your teen 1. WHAT they've done (or are doing) that's so good (captures attention); 2. WHY it's so valued (imparts learning); and 3. HOW it makes you feel (builds empathy).



Place a tick next to the character-strengths that your teen already displays: ✓

Adventurous	<input type="checkbox"/>	Faithful	<input type="checkbox"/>	Loyal	<input type="checkbox"/>
Assertive	<input type="checkbox"/>	Friendly	<input type="checkbox"/>	Open-minded	<input type="checkbox"/>
Attitude	<input type="checkbox"/>	Fun	<input type="checkbox"/>	Outgoing	<input type="checkbox"/>
Authentic	<input type="checkbox"/>	Generous	<input type="checkbox"/>	Patient	<input type="checkbox"/>
Bold	<input type="checkbox"/>	Grateful	<input type="checkbox"/>	Respectful	<input type="checkbox"/>
Caring	<input type="checkbox"/>	Hardworking	<input type="checkbox"/>	Responsible	<input type="checkbox"/>
Compassionate	<input type="checkbox"/>	Honest	<input type="checkbox"/>	Self-controlled	<input type="checkbox"/>
Confident	<input type="checkbox"/>	Honouring	<input type="checkbox"/>	Selfless	<input type="checkbox"/>
Cooperative	<input type="checkbox"/>	Hopeful	<input type="checkbox"/>	Serving	<input type="checkbox"/>
Courageous	<input type="checkbox"/>	Humble	<input type="checkbox"/>	Skilful	<input type="checkbox"/>
Creative	<input type="checkbox"/>	Humorous	<input type="checkbox"/>	Successful	<input type="checkbox"/>
Curious	<input type="checkbox"/>	Independent	<input type="checkbox"/>	Supportive	<input type="checkbox"/>
Encouraging	<input type="checkbox"/>	Integrity	<input type="checkbox"/>	Thoughtful	<input type="checkbox"/>
Excellence	<input type="checkbox"/>	Kind	<input type="checkbox"/>	Trusting	<input type="checkbox"/>
Fair	<input type="checkbox"/>	Loving	<input type="checkbox"/>	Wise	<input type="checkbox"/>



Identify specific examples of when/how you've seen your teen exemplifying their qualities.

Character strength:	Virtue observed in action:
01 <i>EXAMPLE: Generosity</i>	<i>EXAMPLE: Letting his younger sister sit in the front seat of the car</i>
02	
03	

Articulate why you appreciate, value or believe each character-strength is so important.

Character strength:	Virtue observed in action:
01 <i>EXAMPLE: Generosity</i>	<i>EXAMPLE: When focusing on others (and not just himself) it promotes family unity</i>
02	
03	

When your teen puts their character-strengths into action, how does it make you feel?

Character strength:	Virtue observed in action:
01 <i>EXAMPLE: Generosity</i>	<i>EXAMPLE: Makes me proud of them, and I feel excited for their future relationships</i>
02	
03	

CHALLENGE: Speak Life

Over the next week, intentionally identify any character-strength on display and issue a positive citation to your teen. Be sure to communicate **WHAT** they did, **WHY** it was so good, and **HOW** it made you feel.