

Prevention Strategies for Parents—Part 6



FREE LIFE-CHANGING ONLINE PARENTING COURSES

In these video-based, interactive classes—available 24/7—you'll learn a consistent, encouraging style of parenting that will benefit you and your children for a lifetime. With this self-study course, you have the option of when to participate based on your own schedule and at your convenience. Gain additional insight from your online group leaders as they provide support and feedback.

Choose from four available courses:

- **Active Parenting: First Five Years:**
For parents of children from birth to age 5
- **Active Parenting 4th ED:**
For parents of children ages 5 to 12
- **Active Parenting of Teens:**
For parents of preteens and teens
- **Crossroads of Parenting & Divorce:**
For divorced and divorcing parents

Continue your experience as an “active” parent by reviewing what you learn in the class in your accompanying parent guide. Each guide contains additional information, activities, and worksheets to help you practice what you learn.

Visit [ACFCcares.com](https://www.acfc.org/activeparenting) for more information and to start your Active Parenting journey today.

Last month we talked about the importance of monitoring and supervising your teen's behavior. This, of course, is easy to do when they are in your home and under your supervision. But what happens when they stay the night at a friend's house or join a new group supervised by adults you aren't familiar with? It's just as important to know the parents and adults your teen spends time with as it is to know their friends and peers. Teens have a tremendous support group — their peers — to back up their behavior. They instinctively understand the principle of power in numbers. Parents can also utilize this principle by forming parent support groups in their community. These “parent networks,” as they are often called, can help parents agree on certain issues such as chaperoning, curfews, the need for regular communication among parents and the unacceptability of teens using alcohol and other drugs. You will be doing yourself, and your teen, a service by talking with other parents and establishing what behaviors are acceptable, so they can understand their limits and expectations. Parents know an uphill battle is coming when they hear the age-old retort, “But everyone else is ...” How much easier it is for a teen to give up something they want when their peers aren't being allowed to do it either. In this age of rapidly expanding communications technology, there are countless ways to network and support each other and many options available for parents to interact and communicate with one another. Use the Internet and other resources to connect, inform, and share your experiences with other concerned parents.

It's also important to communicate and interact with your teen's school. Many schools offer a parent network where parents can come together to talk about dangers, or community issues, and how they can work together to keep their teens safe. Some schools also offer parenting classes, such as the Active Parenting of Teens class, where parents can learn proven, effective ways to parent their teen. Using email, texts, websites and applications such as Zoom, parents and teachers have access to each other almost daily.

The teen years are an exciting, fast-paced stage in growing up. They can also be a traumatic and stressful time for teens. Teens may not understand or appreciate now that you are just trying to keep them safe and teach them that actions have consequences. But the day will come when they will thank you for teaching them your values and for sticking with them when they were defiant as they attempted to spread their wings. Next month, we'll talk about how to talk with your teens about ways to resist peer pressure. This is something many teens find difficult to do, but where you can be a great support for them.

To learn more about effective parenting skills, visit the Active Parenting Online Video Library. These helpful videos are offered free of charge by the ACFC in partnership with Active Parenting. Guidance and help are available for parents of children of all ages. To access the Online Video Library, go to the **ACFC website**, click on the Active Parenting tab, and follow the instructions on how to view the videos.