

Parenting Matters

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PARENTING**

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For Colorado Parents

What do young people need to succeed?

Uniting communities around developmental assets

By

Chris Whaley

There's a new paradigm sweeping across the nation! It is a positive approach to address what young people need to become healthy, caring, productive and responsible citizens. Healthy Communities: Healthy Youth initiative is a national effort to bring the Search Institute's new paradigm for positive youth development to communities across the country. Many towns, cities and regions are at some stage of mobilizing to foster a healthier community for young people. And through a

\$9.9 million grant from The Colorado Trust, the Search Institute has launched a statewide asset-building campaign right here in Colorado! Assets for Colorado Youth initiative will be an effort to begin and sustain a large scale, grassroots movement to transform the way individuals, organizations, and sectors in a community interact with and support youth.

There are many factors that influence why some youth have many successes in life and why others have a harder time. The Search Institute has identified specific, practical things that can have a tremendous and lasting positive effect on youth. The "positive

things" that help young people thrive are called "developmental assets." The assets are 40 building blocks that young people need to help them make wise decisions and chose positive lifestyles.

Twenty of the assets are external. They are supports, boundaries, and structure that surround youth. The other 20 assets are internal values, attitudes, skills and commitments that support youth from within. Altogether, these developmental assets form the foundation for the healthy development of youth. The more assets they experience, the better.

The most exciting part about assets is that everyone can help build them every day in our youth. Parents, grandparents, teachers, coaches, youth workers, employers, youth, and others can play a role in raising confident, caring young people who will be the citizens and leaders of tomorrow. You may already be involved in "building assets" for our youth!

Fourth of a four-part series about drugs



Rohypnol is a benzodiazepine that is also known as roofies, ruffies, roachies or rophies. Throughout the past few years, Rohypnol abuse has become more wide spread. Rohypnol is a sleeping pill that is illegal in the United States, but is prescribed, sold and smuggled from countries such as Mexico and Columbia. The most common use of Rohypnol among teens and young adults is in combination with alcohol.

Focus on... **Rohypnol**

Rohypnol intoxication causes impaired judgment and motor skills, but when combined with alcohol greatly affects memory and judgment. Many who are intoxicated from alcohol and rohypnol report blackouts which last at least eight hours.

**For more information
about the Assets for
Colorado Youth initiative,
contact the Search
Institute, Denver Office at
(303) 832-3280**

Six effective ways to help your child handle conflict

People have choices in dealing with conflict. Sometimes, depending on the situation, one way is better than another. Before conflicts arise, talk with your child about when it is appropriate to use each of the following ways of handling conflict:

1) Avoid: Do not address the problem at all. Good in hostile, angry situations, when you need time to cool

down and think. Not good if issues never get addressed and your child loses the opportunity to express his feelings and opinions.

2) Accommodate: Yield to the other person's point of view, wants and needs...and do not assert your own. Useful when your child is wrong, or when the issue at hand isn't as important to her as other issues.

3) Compete: Do whatever it takes to win or get your way. Good when your child's goal is very important to him. But hard on relationships.

4) Collaborate: Work together to find a solution that will satisfy the needs of all parties. This is the ultimate in problem-solving where everyone can achieve their goals. Great for relationships.

5) Compromise: "Split the difference" or seek a middle ground solution that partially satisfies you and the other person. Good for fast decision making on minor disagreements, or when collaboration fails.

6) Confront: Insist on addressing the issue with the other person face to face. Best when the matter is very important and must be resolved right away. (Of course, hitting, bullying, name calling and other acts that hurt people physically or emotionally are *never* acceptable.

- Taken from *Helping children resolve conflicts*, 1995, The Parent Institute

These three 'R's are the key to your child's school success

Before kids can master the three "R"s in school, they need three basic traits: respect, responsibility and resourcefulness. These traits, says psychologist John Rosemond, are "the essence of true self-esteem and the key to success."

Respect.

Children who respect their parents will respect their teachers. As a result, they will pay attention to what the teacher says - and learn more. Let your children know you expect them to show respect for you and for all adults. And that, yes, sometimes they have to do things just because you say so.

Responsibility.

Whether it's remembering to turn in homework or keeping track of backpacks and books, schools need children to be responsible for themselves. You can teach your child to be responsible by assigning regular chores around the house. Helping your child develop a schedule

can also build responsibility.

Resourcefulness. Resourcefulness is the ability to do a lot with a little. If you've ever seen a toddler spend time playing with the wrapping paper instead of the toy you know that all children

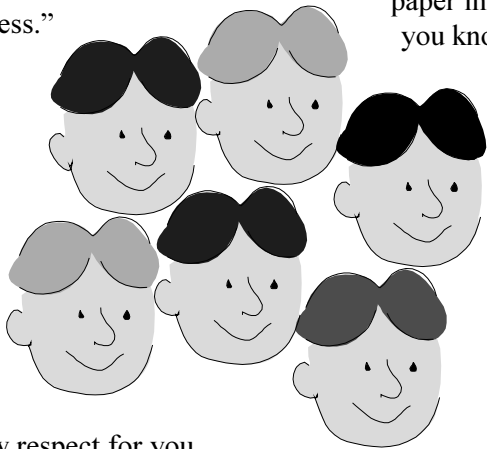
are resourceful.

But in too many homes, kids don't have the chance to develop their own problem-solving skills. The causes, Rosemond says, are "too many toys, too many organized

after-school activities and too much television." Cut down on all three and your kids may spend their time more creatively.

These three traits need to be taught at home. And children who possess them will have what it takes to be successful.

- Taken from *Parents make the difference*, January 1996, The Parent Institute



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Homeschooling: What's the right answer?

By J.D. McCartney

An increasing number of children are staying home from school each year, not because they are ill, but because their parents have decided to educate them at home.

Homeschooling, an alternative to traditional education, has become more common in recent years. It is legal in every state, and although the Supreme Court has never ruled on homeschooling per se, it has ruled that parents have a right to direct the education of their children.

It is no secret that homeschooling is a very controversial topic. The National Education Association, the National Association of Elementary School Principals and the National Parent Teacher Association all oppose homeschooling practices.

It is difficult to say which point of view is right, considering it is difficult to obtain a representative sample of homeschooled children. Researchers cannot say for certain whether these children would do better or worse in a public or private school.

Those for and against homeschooling disagree on how well-adjusted homeschooled children are. Although it appears to be true that children who are homeschooled spend less time with same-age children and more time with adults, research has not concluded that homeschooling harms children's social or psychological development.

Opponents argue that homeschooling isolates children from other children in their community. Many experts suggest that homeschooling should not be conducted in total isolation. Families can participate in homeschool support

For More Information...

These are a few periodicals now available to homeschooling families:

The Forum:

Homeschooling newsletter
(513) 772-9580
\$15/year - 4 issues

Home Education Magazine

Magazine representing a variety of religious and philosophical beliefs and educational approaches
(509) 486-1351
\$12/6 months - 3 issues

The Home School Court Report

Magazine examining legal aspects of homeschooling
(703) 338-5600
\$15/year - 6 issues

Growing Without Schooling:

Homeschooling journal representing a variety of religious beliefs
(617) 864-3100
\$25/year - 6 issues



Moore Report International

Newspaper with a Christian perspective
(206) 835-2736
\$12/year - 6 issues

groups, scouting, church and recreational activities. Through these activities, homeschooled children share experiences with people outside their immediate families.

It is commonly suggested that homeschooling families join local support groups. There is at least one active homeschooling association in every state. These groups offer advice and information about legal,

philosophical and teaching issues.

Shared schooling, dual enrollment, or assisted homeschooling is an arrangement in which school districts give homeschooling families resources and instructional support. Some districts allow homeschooled children to attend public school part-time. Many private schools and some public schools provide homeschoolers with texts, materials, and support.

Parents can 'vaccinate' their children against drug abuse

It's so easy to make sure your kids don't get measles-all you need to do is make sure they get the right vaccine. Wouldn't it be nice if you could give your children a "vaccine" so they wouldn't be interested in drug abuse? Well, pediatrician Robert DuPont suggests some things you *can* do. They include:

1) Set a family standard on drug and alcohol use. As early as grade school, make sure your kids know the rule. Make sure your kids know the consequences for breaking the rule, too.

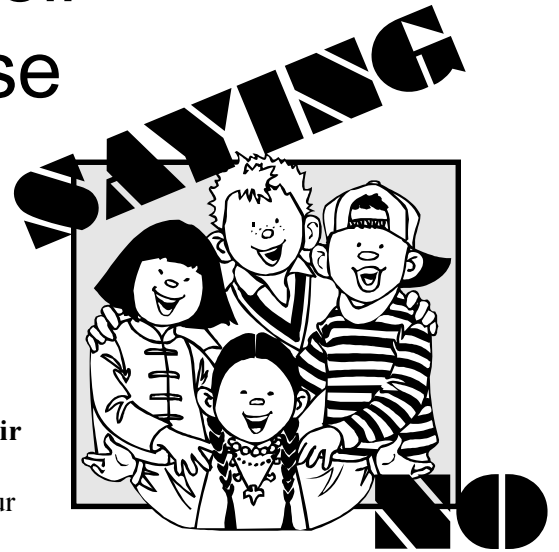
2) Help your child establish personal goals. These should be both short-term ("I want to finish reading all

the Little House books") and long-term ("I want to be a doctor").

3) Know your children's friends and spend time with them. Know the parents of your children's friends, too.

4) Help your children feel good about themselves and their achievements. That means you need to get excited about what your kids care about.

5) Talk about your child's future early and often. Let them know that when they are living on their own (and paying their own bills), they can set their own rules. But while they're living under your



roof, you are the one who decides "what's what."

- Taken from *Parents make the difference*, December 1994, The Parent Institute



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