

## STAND UP TO BULLIES POSTCARD CAMPAIGN UPDATE

Last month's newsletter asked PW supporters to mail a postcard to the Executive Director/Principal of Granada Hills Charter High. The card expressed thanks for standing up to bullies who wanted to keep our message out of school.

This is how the meeting with his staff went:

**Their misconception:** *This was an "abstinence only" curriculum.*

**Our clarification:** We never use the word "abstinence," and we are not offering a curriculum at all, but rather, we use our personal story to help teens process the material the curriculum covered.

**Their misconception:** *Since girls were told they could say one thing (to receive the pin) and boys were told another, students thought we were "gender-typing."*



**Our clarification:** We chose to divide the girls and the boys to be sure some of the students would receive a pin from Jim - he is certain all the students would prefer to get their pin from Karen.

**Their misconception:** *They were not familiar with the imprinting process of sexual experiences and suspected it was "unscientific."*

**Our clarification:** The section regarding bonding hormones and the Teen Brain is based on multiple current scientific studies. [I referred them to *Hooked: New Science on How Casual Sex is Affecting Our Children* by Freda McKissic Bush, M.D., and Joe S. McIlhane Jr M.D., as well as *American Academy of Child & Adolescent Psychiatry: Teen Brains*, and the research of Dr. Jay Giedd at the Kavli Institute for Brain and Mind (among many others)].

We also talked through several issues and agreed there were some areas we could make adjustments.

◆ For instance, we agreed most of the parental and student concerns would probably not have been

## WHEN TEENS ASK FOR MY ADVICE

A "helicoptered" teenage girl asked me how to convince her mom to ease up. My suggestion was to say, "Mom, I'm safe when I'm with you, but how will I learn to recognize trouble when I'm not with you? Will you help me work on being able to see trouble for myself please?"

Teens want to know how to "get my parents off my back." My advice is BE GRATEFUL. Notice the things your parents do for you and SAY SOMETHING. When you show appreciation, adults recognize you are becoming less self-involved. People who think ONLY about themselves, need a lot more supervision, than people who don't.



## (POSTCARD UPDATE, CONT.)

raised if all the **other** components of the curriculum had been presented first. Therefore, future *Positively Waiting* presentations will be scheduled when all the other curriculum requirements have been met.

- ◆ We agreed we will not divide the students by gender to receive the pin (with apologies to Jim), or have a different "declaration" to receive it. "My love is worth waiting for" was agreeable to both of us.
- ◆ We agreed to adjust the section on teen brain development to emphasize the impact of pornography on brain development instead of first sexual experience imprinting.
- ◆ We agreed Jim and Karen will only address the areas in which we have expertise -- our personal experience. We will not discuss sexual identity or same-sex relationships where we have no first-hand knowledge, except to say that the **benefits** of sexual self-control are the SAME for all adolescents (regardless of attraction or gender), and there are NO benefits to sexual activity as a teen.
- ◆ We agreed there would be no requirement for us to endorse condom use or direct students to access to condoms.

If you were one who sent the postcard, we are very grateful!! **FINAL NOTE: as of this printing, we have NOT been contacted by anyone at GHCHS to schedule a Spring 2018 date or Spring 2019 date.**

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## COACHING EXERCISE!

The transition from Middle School to High School is hard for teens — but it may be even harder for moms. Mom has been the *go-to-girl* from birth to now, so it hurts when her child “suddenly” isn’t interested in her company, her opinion or her advice. This seeming rejection can be devastating. Sadly, many moms react in a way that creates a bigger chasm: trying to “force” togetherness or intimacy.

It doesn’t have to happen. It’s still going to hurt, but you **can** choose to look at it in a positive way.

As your teen moves through adolescence, they want to make decisions without you. When they do, CHOOSE to see those independent decisions as an indication they are maturing and need support, NOT as a rejection of you as a person.

As a good coach you now give your teen permission to say: *I want to make up my own mind about [whatever it is], but is there something you want me to FACTOR IN to my decision?*

That way, you’re encouraging the teen’s independence, but also reminding them that You, The Parent, might have some wisdom they don’t know about.

After you give your input, invite your teen to share with you HOW they made their decision. NOT TO SECOND GUESS!! But so you can see their decision-making process. It’s like “showing your work” on a math problem, so the teacher can help you find your mistake. Or **praise the process as a success.**

Remember Mom, you are not raising a child, you are raising an adult!

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