

TIPS

For parents of children of all ages...

- Be sure to listen more than you talk.
- Spend time together: it shows that you care.
- Share your family's values.
- Talk *with* your children, not *at* them.
- Even when you disagree, show respect.
- Be honest.
- Words work best when your actions back them up.
- Shaming children erodes self esteem.
- Critical looks shut down communication.
- Affirm good choices. It builds children's self-confidence.

DATING BILL OF RIGHTS

I have the right.....

- To ask for a date
- To refuse a date
- To determine who I will date
- To suggest activities on a date
- To express my own feelings without fear
- To ask someone not to interrupt me
- To tell my date when I need affection
- To refuse affection
- To be heard
- To refuse to lend money
- To refuse sex with anyone, at any time, for any reason
- To be safe on a date
- To be respected at all times
- To control my destiny
- To disagree with my date
- To have a healthy dating relationship
- To say NO!

Courtesy of Advocates for Youth

DATING RESPONSIBILITIES

I have the responsibility....

- To communicate clearly and honestly
- To ask for help when I need it
- To set high goals
- To be considerate
- To check my actions and decisions and determine whether they are good or bad for me
- To not compromise my values

Building Strong Relationships

Friendships can be complicated in teen years. Teens make new friends while trying to keep old ones. Disagreements do happen but working through these often make the relationship stronger. Hitting a "bump" in a relationship is especially difficult for teens and may require a lot of work to overcome. Peer pressure may complicate a friendship. It is a big challenge for a teen to stand up to a friend and respect each other's differences. A trusted mentor, counselor or parent may be able to provide a fresh perspective. Having strong, committed friendships is one of life's great gifts.

Wellness Council

On Dec. 1, gr. 9 students participated in a depression screening and suicide prevention program. As with all programs, feedback is encouraged.

When asked what was the most helpful thing they learned, responses were:

- * how to recognize symptoms of depression
- * to talk to a trusted adult if concerned about yourself or a friend
- * A.C.T. *Acknowledge * Care * Tell
- * anyone can have depression
- * how to help friends if they're being bullied.
- *suicide is a permanent solution to a temporary problem.