

THE BAYECHO ASSOCIATION



bayEcho))

TEENS SPEAK-OUT 2011 ...CAN YOU HEAR ME?

- ❖ Carl Shan
 - ❖ Freshman @ UC Berkeley
- ❖ Dennis Cui
 - ❖ Junior @ Lynbrook High
- ❖ Nicholas Huang
 - ❖ Sophomore @ Leland High
- ❖ Jennifer Jin
 - ❖ Sophomore @ Saratoga High
- ❖ Peter Tang
 - ❖ Senior @ Lynbrook High
- ❖ Emily Chen
 - ❖ Sophomore @ Fremont High

COMMUNICATION

Dennis Cui & Carl Shan



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COMMUNICATION

- ❖ Most teens feel that communication is very important for a healthy relationship with their parents.
- ❖ **What's the objective?**

ISSUES

- ❖ Teens often choose not to talk which can extend to other areas
- ❖ Small conflicts increase tension

WHAT TEARS DOWN YOUR COMMUNICATION WITH YOUR PARENTS?

- ❖ **Nagging**
- ❖ **Anger/Criticism**
- ❖ **Not Listening**
- ❖ **Loss of faith**

NAGGING

- ❖ Nagging = excessive reminding. Remind once or twice.
 - Chores to grades and SATs.
 - Causes frustration and heated arguments
- ❖ Train your teen to be responsible. He/she will need that self-confidence in the future.

Nagging

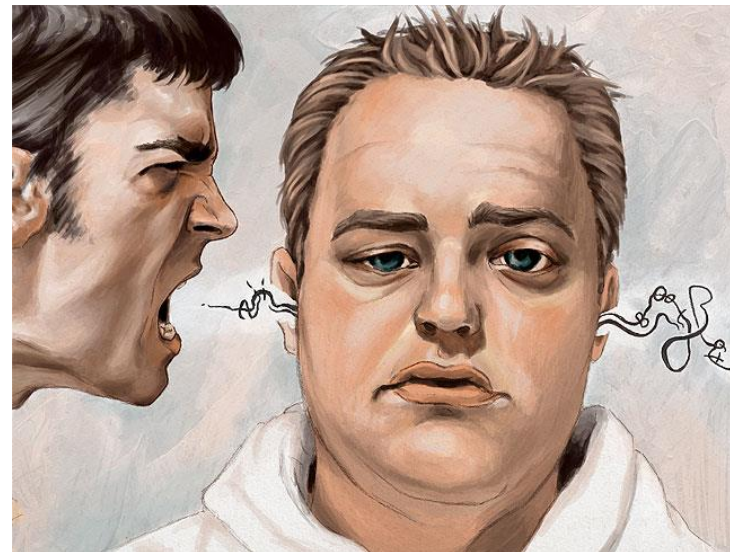
Anger

Not
Listening

Loss of
Faith

ANGER/CRITICISM

- ❖ Of performance (i.e. School)
- ❖ Comparisons (to other students)
- ❖ Expecting perfection
- ❖ Of behavior (habits)



Nagging

Anger

Not
Listening

Loss of
Faith

NOT LISTENING

❖ This includes:

- Demanding obedience without reason
- Insisting our opinions are wrong
- Yelling

❖ Instead:

- We are capable of making intelligent decisions
- Mutual conversation - listen to both sides

Nagging

Anger

Not
Listening

Loss of
Faith

LOSS OF FAITH

- ❖ Making conclusive remarks
- ❖ Assuming or expecting the worst
- ❖ Accusations/blame
- ❖ Distrust

Nagging

Anger

Not
Listening

Loss of
Faith

HOW DO TEENS RESPOND?

- ❖ "I'll agree with them/take it"
 - Disguises teen's own feelings & makes them feel shamed
- ❖ Ignore
 - Silence/Pacifism
 - "I'll go to my room and cry"
- ❖ Attack back
 - Yell and fight back

WHAT WOULD ENCOURAGE TEENS TO SHARE MORE WITH PARENTS?

- ❖ **Respect & Trust**
- ❖ **Love & Care**
- ❖ **The 5 A's (Josh McDowell)**
 - Affirmation
 - Acceptance
 - Appreciation
 - Availability
 - Accountability



RESPECT & TRUST

- ❖ Basis for open communication
- ❖ Relieves tension
- ❖ Praise and Encourage
- ❖ Gives teens freedom

Respect &
Trust

Love &
Care

The 5
A's

LOVE AND CARE

- ❖ Ask about their day. What did they do?
- ❖ Make/buy food for them.
- ❖ Hugs/kisses.
- ❖ Give them a little spending money.
- ❖ Complimenting them.
- ❖ Saying simple reminders i.e. “Be Careful” & “I Love You”

Respect &
Trust

Love &
Care

The 5
A's

FIVE A'S TO STRENGTHEN YOUR RELATIONSHIP WITH YOUR TEEN

AFFIRMATION

❖ ACKNOWLEDGE YOUR CHILD'S FEELINGS!

- Losses: *“I’m so sorry that you feel _____. I hurt for you.”*
- Successes: *“I’m so happy for you! You must feel _____.”*

❖ HOLD THE ADVICE. OFFER COMFORT.

Respect &
Trust

Love &
Care

The 5
A's

ACCEPTANCE

“Am I valued for who I am, not just for what I do?”

- ❖ Why is it important? School/Peer pressure environment
- ❖ Praise character over performance
- ❖ It's safe to fail -> trust
- ❖ "I'll love you no matter what."

Respect &
Trust

Love &
Care

The 5
A's

APPRECIATION

- ❖ When was the last time you corrected your child over thanking or praising him or her?
- ❖ Goal: Catch them doing something right FAR more often than doing something wrong
- ❖ Express affection through loving words and appropriate touch

Respect &
Trust

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Care

The 5
A's

AVAILABILITY

- ❖ To a kid, **LOVE = TIME**
- ❖ Dinner time conversations
- ❖ **LISTEN**
- ❖ *Spend time with them now...they'll spend time with you later. Listen to them now...they'll listen to you later. No one can replace you as their parent.*

Respect &
Trust

Love &
Care

The 5
A's

ACCOUNTABILITY

Relationship – Rules = Irresponsibility

Rules + Relationship = Response

- ❖ Natural, logical consequences vs. anger
- ❖ Parents need to be a loving authority, not just a friend

“The real secret to authority is a servant’s heart. The servant leader listens to his family and is always more concerned about relationships than rules.” – Josh McDowell

Respect &
Trust

Love &
Care

The 5
A’s

**AS A FAMILY, WHAT DO YOU
USUALLY TALK ABOUT? WHAT
WOULD YOU LIKE TO BE ABLE TO
TALK ABOUT?**



SCHOOL/GRADES

What grades we're getting, how to improve/stay consistent/etc.

Constant nagging produces tension. Let your student talk.

School &
Grades

Social
Life

Future
Goals

SOCIAL LIFE

- ❖ We need friends
- ❖ Why do parents care?
- ❖ Disapproval of friends can make teens feel:

“...lack of trust they express when I become friends with people they are not completely fond of.”

FUTURE GOALS

❖ College and career options

“As a family, we usually discuss academics, especially my future college and career options.”

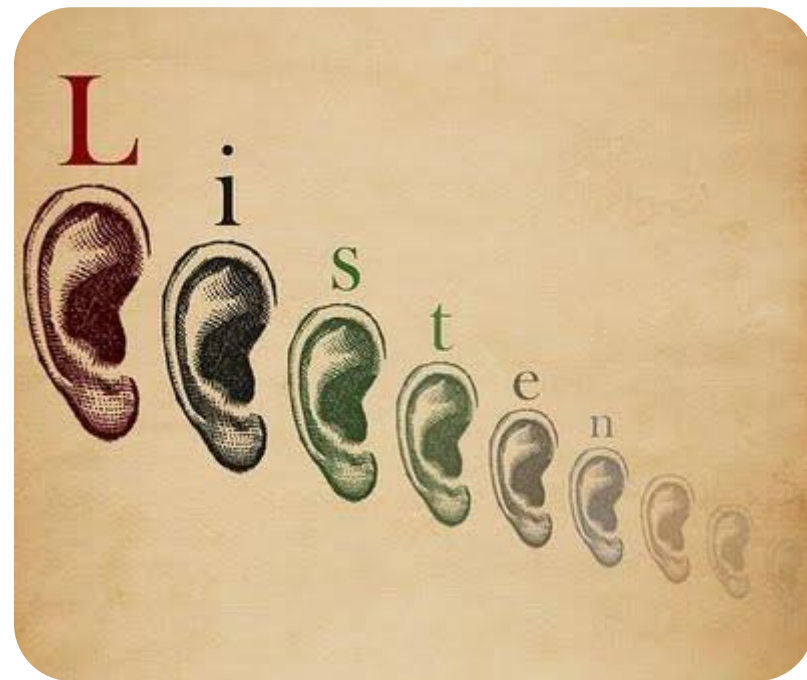
❖ Expectations for university, college degrees, future occupation



A PARENT'S PERSPECTIVE

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WHAT DO THEY WANT FROM YOU?



LOVE, SUPPORT, ENCOURAGE

- ❖ **Encourage your child.**
- ❖ **Trust them to be responsible.**
- ❖ **Give them your attention.**
- ❖ **Keep up to date – mutually.**
- ❖ **Set ground rules.**



SUCCESS AND PRESSURE

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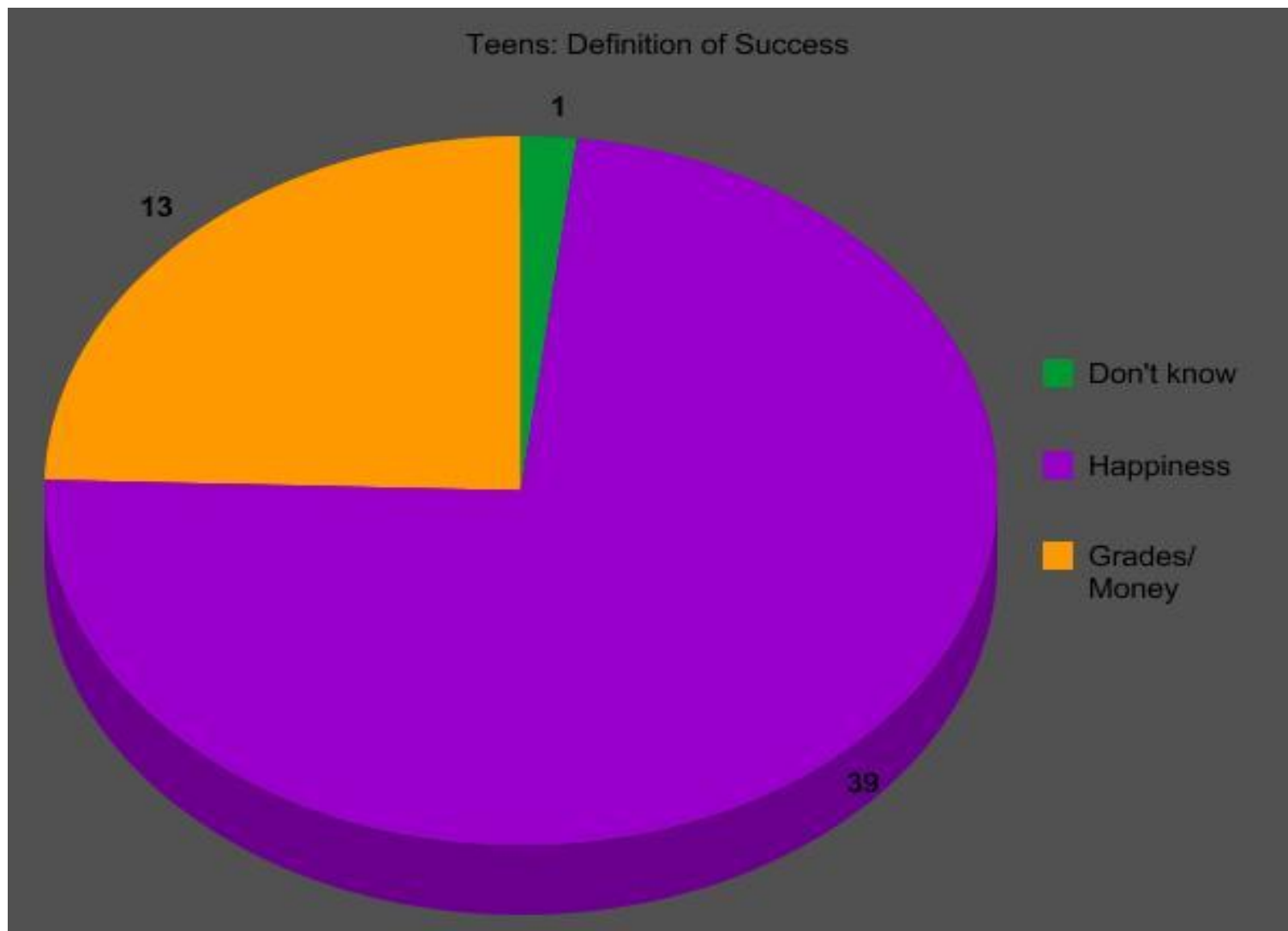
Nicholas Huang & Jennifer Jin

SUCCESS

What does success mean to you?

STUDENT'S VIEW

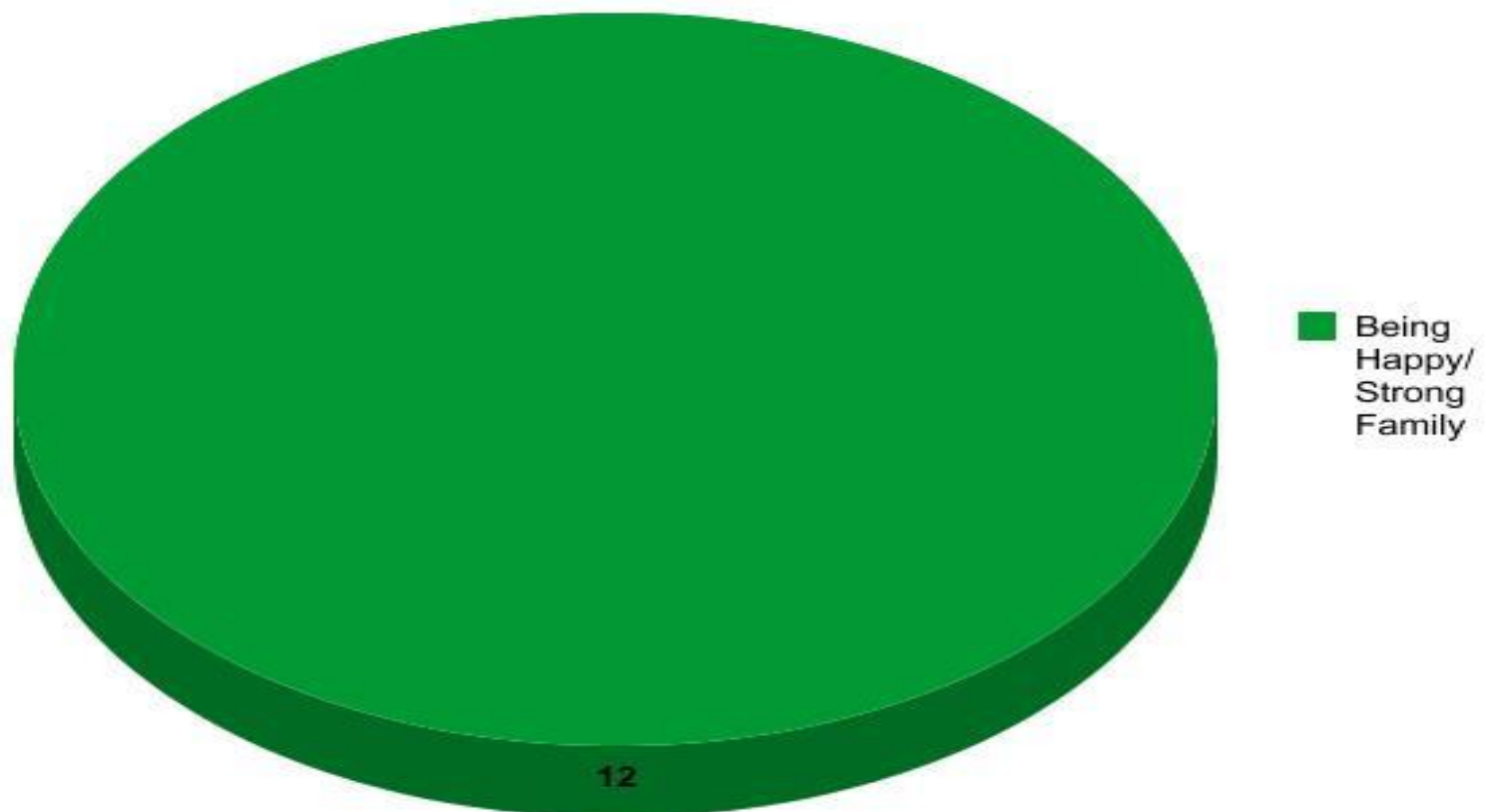
- ❖ Most teens stated that success meant happiness



PARENTS' VIEWS

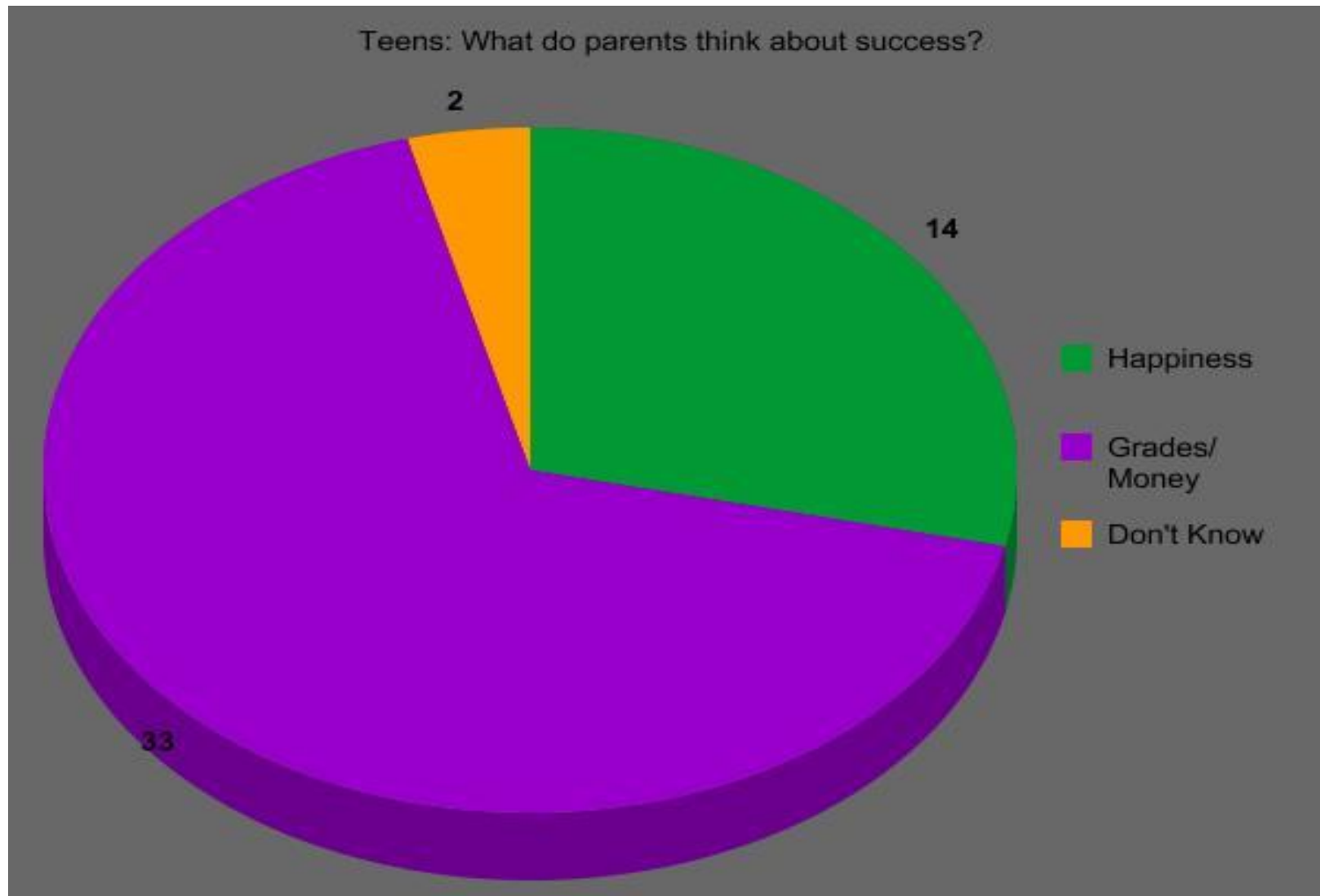
- ❖ Every parent that we interviewed said that their main definition of success was happiness for their child(ren)

Parents: What is Success?



WHAT KIDS THINK PARENTS SAY

❖ There seems to be a miscommunication:



DIFFERENCES

- ❖ What parents say: “Do good in school so that you won’t work at McDonalds!”
- ❖ What teens hear: “Do your homework or you won’t earn any money or get a good job and I will never respect you!”

WHAT WENT WRONG?

- ❖ Miscommunication
- ❖ Heavy emphasis on grades
- ❖ E.g. “Do your homework, or you’re grounded.”

PRESSURES

PARENTAL PRESSURES

- ❖ Getting into good college
- ❖ Keeping that perfect 4.0+ GPA

PEER PRESSURE

- ❖ Drugs and Alcohol
- ❖ Keeping a friendship
- ❖ Physical appearance
- ❖ Procrastination
- ❖ Partying
- ❖ Dating

RESPONSE TO PRESSURES

- ❖ Suppress feelings
- ❖ Depression
- ❖ Sacrifice passions/hobbies

WHAT PRESSURES DID THEY HAVE?

- ❖ Getting good grades
- ❖ No dating
- ❖ Expected to do be obedient

CURRENT PRESSURES

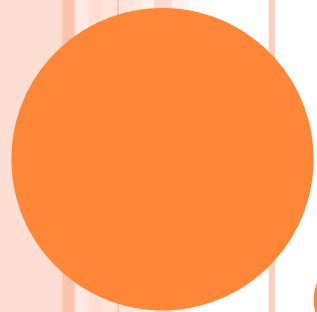
- ❖ Raising children
- ❖ Putting food on the table
- ❖ Communicating with children: more complicated

BRINGING IT ALL TOGETHER

- ❖ Parents are struggling to adapt to today's youth
- ❖ Parents are also challenged by the high-paced SV life
- ❖ Teens have multiple pressure areas such as peer expectations

THE LESSON LEARNED

- ❖ Parents: Two-way communication in relationship; listen to what your child is saying; try to proactively understand what they are going through
- ❖ Teens: Understand the challenges that the parents face such as cultural problems



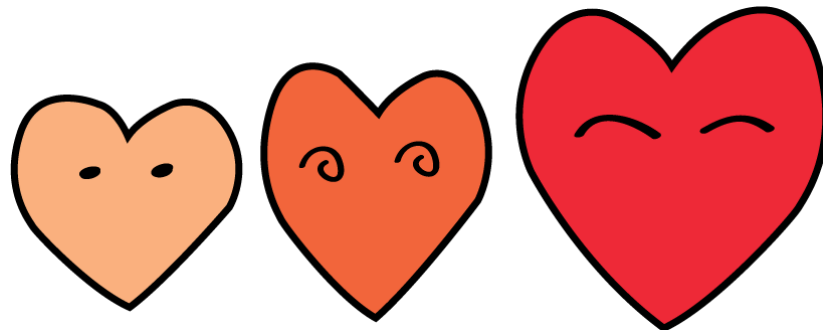
DATING

Peter Tang & Emily Chen

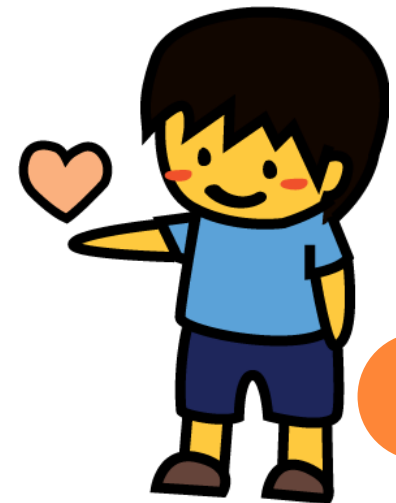
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WHAT IS THE RIGHT AGE?

- ❖ Most Important: Depends on maturity
- ❖ *Parents*: College
- ❖ *Teens*: Average 16 years old
(ranging from 8th grade to 17)



WHAT IS THE PURPOSE OF DATING IN HIGH SCHOOL/COLLEGE?

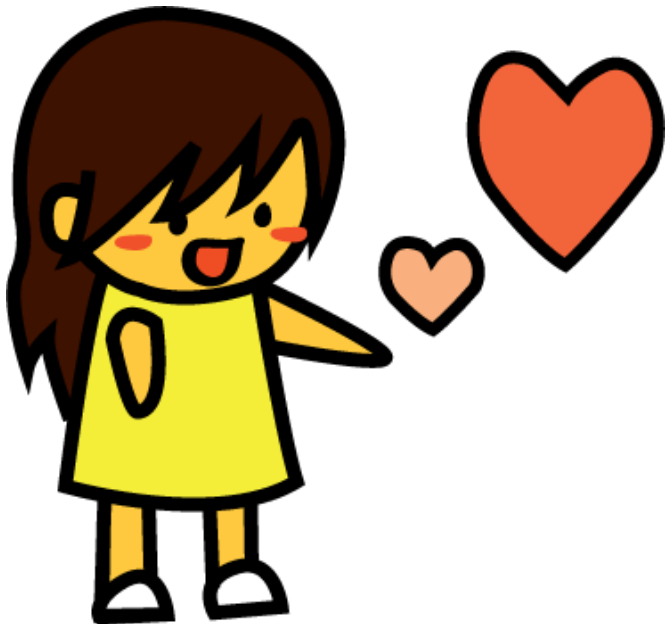


WHAT IS THE PURPOSE OF DATING IN HIGH SCHOOL/COLLEGE?

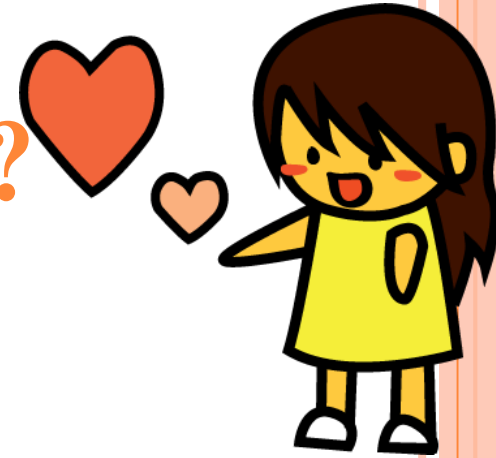
- ❖ Overall: It just happens!
 - Or companionship, close friendship
- ❖ *Parents*: for some, marriage
- ❖ *Teens*: variety of reasons
 - Physical intimacy, hormones
 - Hook-up culture
 - Experience for future more serious dating
 - Fun, self-esteem, identity
 - NOT marriage



IS THERE PRESSURE TO DATE?



IS THERE PRESSURE TO DATE?



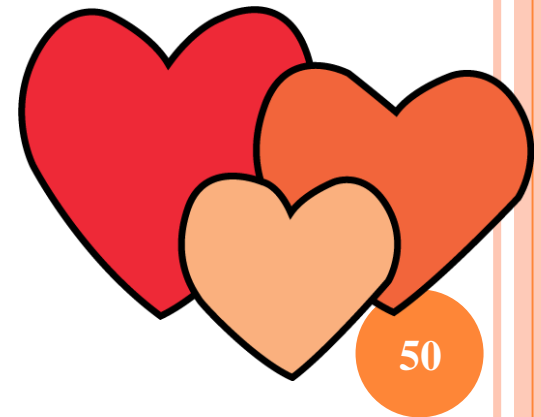
- ❖ Overall agreement: No pressure
- ❖ *Parents*: Only in later years, of course, for marriage
- ❖ *Teens*: Depends on friends
 - ❖ Dances, Mixers, Prom
 - ❖ A Date?

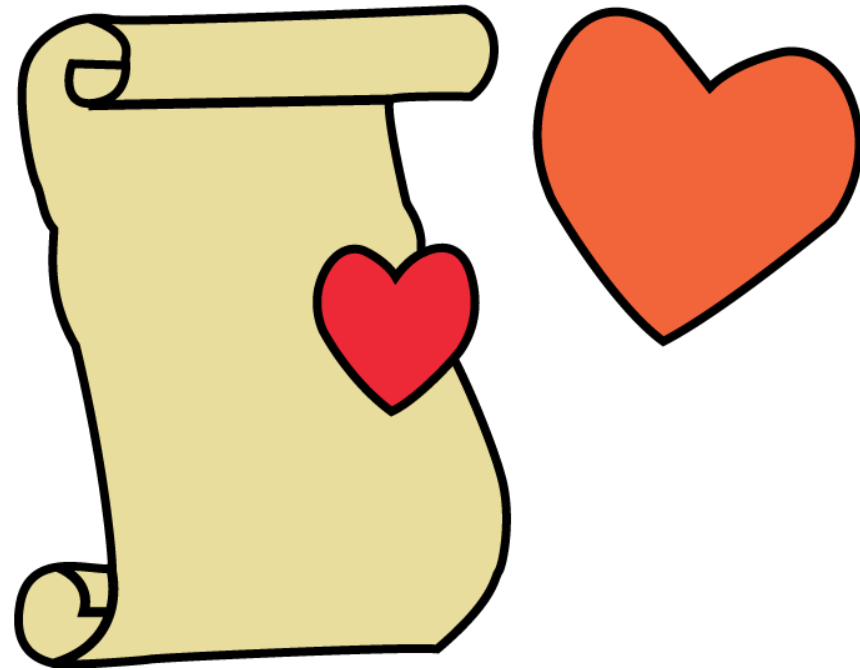
HOW LONG DO RELATIONSHIPS LAST?



HOW LONG ARE RELATIONSHIPS?

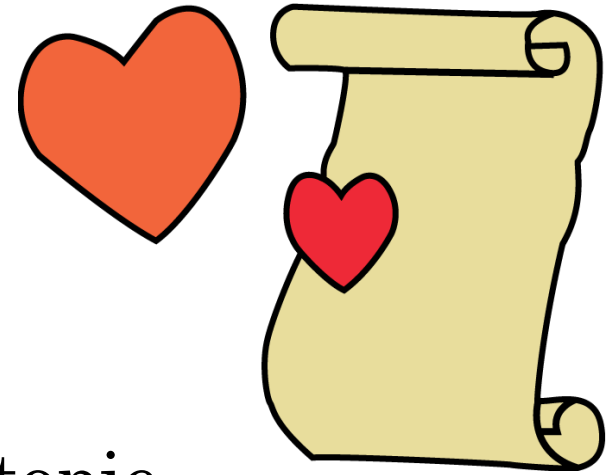
- ❖ Overall agreement: Varies!
- ❖ *Parents*: Typically 3-4 years
- ❖ *Teens*: Typically 6 months
- ❖ What does that show?





PARENTS' RULES?

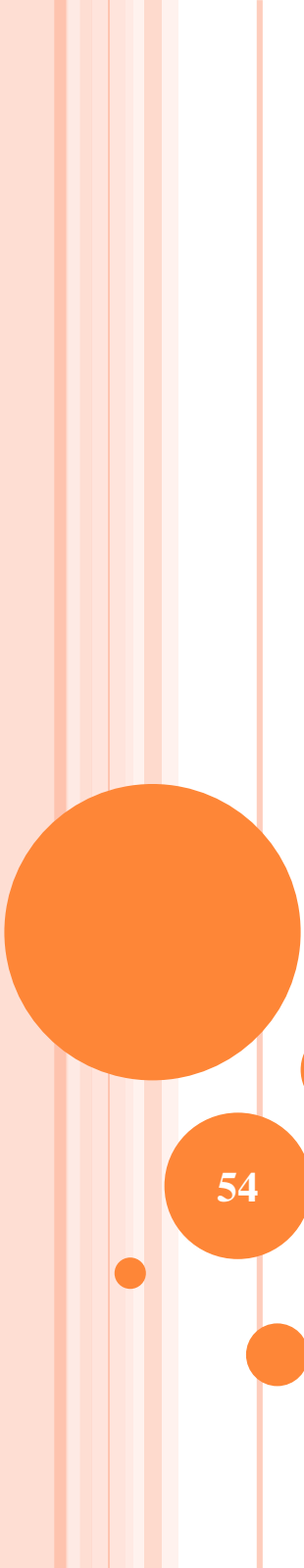
PARENTS' RULES?



- ❖ Overall agreement:
 - Not too much discussion on the topic
 - ❖ Or one-sided
- ❖ *Parents say:* no interference with school/studies!
 - ❖ Teens agree somewhat
- ❖ *Parents say:* someone who is good for you!

IN THE END...

- Despite differences, there are agreements
- Dating culture has changed
- Knowing changes gives more perspectives



**THANK YOU FOR
ATTENDING TEENS
SPEAK-OUT 2011**

SPECIAL THANKS TO...

- ❖ Lynbrook Administration
 - ❖ Gail Davidson & PTSA
- ❖ Amy Liu
- ❖ Our parents and the parent speakers
- ❖ Photographer: Albert Chang
- ❖ Audience

ANY QUESTIONS? PLEASE VISIT

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