

**Back to the Classroom**  
Core Curriculum Support Program



Module 7  
Table Talks

# Table Talks Parent Resource





# December 2017

## Interpersonal Skills, Peer Assimilation and Peer Pressure

	Words of the Day	Leadership Tip of the Day	Table Talks
<b>Mon</b>			
<b>Tue</b>			
<b>Wed</b>			
<b>Thur</b>			
<b>Fri 1</b>	<p><b>Peer</b> A person who has equal standing with another or others, as in rank, class, or age</p>	<p>Don't lead by fear.</p>	<p>AND NOW! Back to the Classroom: It is a good practice to consider the opinions of others. Just make sure that you value the opinion of valuable people. When selecting friends, build a circle of positive and progressive energy. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Guide your child through the friend selection process. Find out the characteristics that are important to them in friendship and the characteristics that are red flags for them.</p>



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<b>Mon</b> <b>4</b>	<b>Friend</b> A person attached to another by feelings of affection or personal regard	Recruit people who are a good fit.	<p>AND NOW! Back to the Classroom: A real friend will never make you do something that you don't want to. Friends respect your opinions and offer theirs when asked. Good friends only want the best for you. Remember: To make friends you must first show yourself to be friendly. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Share a story of a time you had to resist peer pressure. What were you being persuaded to do and what were the potential outcomes.</p>
<b>Tue</b> <b>5</b>	<b>Reality</b> the totality of all things possessing actuality, existence, or essence	Accept some people are happy with the same routine day after day.	<p>AND NOW! Back to the Classroom: Are you keeping it real? Reality is what's real. It's not what you tell yourself is happening. Our perception alters reality. Make a conscious effort to view each situation as objectively as possible because our behaviors and reactions are based on our perceptions. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Discuss diversity with your child. Do they view cultural diversity as a melting pot with everyone blended together or do they view cultural diversity as a patch quilt of different people, closely knitted together?</p>
<b>Wed</b> <b>6</b>	<b>Conform</b> to comply in actions, behavior, etc., with accepted standards or norms	Remember that not everyone can be a high flyer.	<p>AND NOW! Back to the Classroom: How much compromise is too much compromise. It is good to compromise to cooperate with others. Ultimately, cooperation and conformity usually makes task easier. Trying to conform to reduce disruptions in a working system is not only smart, it's a great goal. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Talk to your child about the type of situations they should conform to and the situations they should challenge conformity.</p>
<b>Thur</b> <b>7</b>	<b>Popular</b> widely liked or appreciated; liked by acquaintances; sought after for company	Always seek to create a win-win outcome.	<p>AND NOW! Back to the Classroom: Are you the kind of person who finds comfort in numbers. Do you need to feel popular to feel complete? I challenge you to learn to stand strong and stand alone when the occasion calls for it. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Evaluate the things your child has become popular for. Discuss the positive and potential negatives to popularity.</p>
<b>Fri</b> <b>8</b>	<b>Coerced</b> To pressure, intimidate, or force (someone) into doing something; to bring about or gain by pressure, threat, or force	Deal with destructive behaviors on teams.	<p>AND NOW! Back to the Classroom: Being persuaded can be fun. However, if someone is trying to persuade you into doing something that you don't want to do, consider the risk and potential harms when deciding if you'd like to be swayed. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Find out more about your child's key influences. A child's friend can have a higher influence than parents at times. It is very important to express an interest in their choices so they will feel free to talk to you if there is ever a problem.</p>



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<b>Mon</b> <b>11</b>	<b>Effective</b> Productive of or capable of producing a result; in effect; operative	Keep developing.	AND NOW! Back to the Classroom: Making effective choices means that you are making choices that will affect your life positively. When your choice produces a negative outcome, make a different choice. Making better choices is an indication of growth and maturity. <b>STAY IN YOUR LANE.</b> <b>PARENT NOTE:</b> Hold your child accountable for their mistakes. Asserting consequences does not have to come with an attitude, but it should be firm, direct and fitting for the offense.
<b>Tue</b> <b>12</b>	<b>Ashamed</b> to be embarrassed, sorry, guilty, upset, distressed, humbled, humiliated, self-conscious,	Remember that you never stop learning as a leader.	AND NOW! Back to the Classroom: When you feel ashamed for something that you have done, it's your body's way of telling you that maybe you shouldn't have done it. If you do something that you believe in and others make you feel ashamed of what you did, remember that is their shame and not yours. Don't be ashamed for doing something you believe in. <b>STAY IN YOUR LANE.</b> <b>PARENT NOTE:</b> Ask your child to write an offense/consequence sheet for a younger family member. (ie. One missed chore= two extra chores) You may be able to use the sheet for you child as well. What better consequence then the one you have written yourself.
<b>Wed</b> <b>13</b>	<b>Different</b> Unlike in form, quality, amount, or nature; dissimilar; distinct or separate; unusual	Be confident, but be careful to not confuse confidence with arrogance	AND NOW! Back to the Classroom: Each of us are different. It is what makes us individuals. We are joined by the things we need to survive and how we work together to make life better. Life is better when everyone is working to improve conditions for the whole group, despite our differences. <b>STAY IN YOUR LANE.</b> <b>PARENT NOTE:</b> Discuss a meal you make that you modify for varying taste buds. Maybe you have to pick onions out for some or less salt for someone else. Teach your child how each of us appreciates the courtesy of small accommodations for our differences.
<b>Thur</b> <b>14</b>	<b>Morality</b> conformity or degree of conformity, to conventional standards of conduct and principles	See the big picture.	AND NOW! Back to the Classroom: As we grow, we usually adapt the ways and customs of parents, our grandparents and so on. We could always use this method as guidance to learn our own set of moral standards. You will learn as you go along. <b>STAY IN YOUR LANE.</b> <b>PARENT NOTE:</b> Share a story of a time you did something immoral. Share those consequences and your feelings after the incident. Sharing the flaws from which we have grown, makes us more relatable to our children.
<b>Fri</b> <b>15</b>	<b>Individuality</b> the qualities that distinguish one person or thing from another; identity; the state of being a separate entity	Thinks strategically.	AND NOW! Back to the Classroom: <b>FREE TO BE ME!</b> All of us are effected by the people around us. However, we each are effected in differently. We all can manage the impact of our influences. Just because someone behaves a certain way, doesn't mean that we should follow if it's not fitting. <b>STAY IN YOUR LANE.</b> <b>PARENT NOTE:</b> Peer pressure means to conform to the behaviors, attitudes, and personal habits of "the group." In many cases, there are serious risks involved. Talk to your teen about how he/she would react in risky situations. Talk to your teen about alternative ways to respond to peer pressure.



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<b>Mon</b> <b>18</b>	<b>Direction</b> the state of having management, control, or guidance	Focus on the future.	<p>AND NOW! Back to the Classroom: Grownups are here to guide you and lead you on the right path Think of them as your personal tour guides through the uncharted territory of your life. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Here are some ways to build your child's value system: (Sweat, 2008). Model good behavior. Apologize to your children when you make mistakes Don't let your children take the easy way out of challenges. Involve your children in encouraging and helping others. Applaud good behavior.</p>
<b>Tue</b> <b>19</b>	<b>Follower</b> one who accepts the guidance, command, or leadership of another	Set the vision.	<p>AND NOW! Back to the Classroom: Follow the leader. It is good to follow a good leader or a good mentor. Doing so shapes us into leaders ourselves. Find someone positive in your life and ask them to be your mentor. I'm sure they will be honored that you think so highly of them. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Describe someone in your life who you looked up to. Explain the ways they impacted your life. Encourage your child to link with a mentor as an added support.</p>
<b>Wed</b> <b>20</b>	<b>Excuse</b> explanation offered in defense of some fault, offense or as a reason for not fulfilling an obligation	Strives for continuous improvement.	<p>AND NOW! Back to the Classroom: Combat excuses with honesty. Offering excuses hardly ever excuses poor behavior. We get much further in life by being honest with ourselves and others. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Explain how defusing honesty can be. Someone can be angry at a liar but everyone respects the person who tells the truth. In a sour situation, a dose of truth and a heartfelt apology go a long way.</p>
<b>Thur</b> <b>21</b>	<b>Maturity</b> the period of time in your life after your physical growth has stopped and you are fully developed	Sees a cross-functional, cross-organizational view.	<p>AND NOW! Back to the Classroom: Maturity is not only the physical changes you go through as a teen, it is also a mentality change. Your mind becomes aware of work ethic, your future and being a productive citizen of society. You will follow less and lead more. When you mature, your goals mature as well. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Share some experiences that matured you when you were your child's age. What were the significant events that you now view as mile marker on your journey toward maturity?</p>
<b>Fri</b> <b>22</b>	<b>Friendship</b> is a trustful relationship	Thinks critically.	<p>AND NOW! Back to the Classroom: Friendships are supposed to be balanced. Good friendships require and provide time, support, love, encouragement and guidance. Healthy friendships are mutually beneficial <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Ask your child to play a game of Truth or Dare with you. Evaluate if topics that makes your child skittish and maybe revisit those topics later with supportive information. The game is normally played amongst friends, but who says a parent can't be a critical friend as well.</p>



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25	<b>Immaturity</b> Having or showing development level of someone young or undeveloped.	Consider all options when making major decisions.	<p>AND NOW! Back to the Classroom: Many adults who have used drugs as teenagers seem to have a high level of immaturity. This is because their mind stopped developing when they started using drugs. When anything stops growing, it is called delayed. Give your mind a chance to grow. STAY IN YOUR LANE.</p> <p><b>PARENT NOTE:</b> Discuss the challenges of interacting with immature people. Describe ways the epidemic of immaturity has harmed our society.</p>
Tue 26	<b>Conflict</b> a state of disagreement or disharmony between persons or ideas	Possesses strong interpersonal skills.	<p>AND NOW! Back to the Classroom: Benefits of Conflict. Conflict causes growth when resolution is found. Every leap forward and every step taken has a resistance period loaded with conflict. We all need to develop good coping skills that will help us better manage the conflict periods. STAY IN YOUR LANE.</p> <p><b>PARENT NOTE:</b> Talk about a time you and/or your child resolved a conflict. Discuss whether it was the kind of conflict that brought you closer together or did it create distance.</p>
Wed 27	<b>Resolve</b> To settle or find a solution to a problem or dispute	Communicate with transparency.	<p>AND NOW! Back to the Classroom: Finding problems is an important part of the process of making thing better. However, sometimes, the problem can be obvious to everyone and yet the problem remains unresolved. Pledge today to always try to be a part of the solution and not part of a problem! STAY IN YOUR LANE.</p> <p><b>PARENT NOTE:</b> Find a household issue that has been lingering that has not been fixed and fix it! Maybe there is a bulb out or the printers been out of ink for a week. Put your handyman suit and model problem resolution.</p>
Thur 28	<b>Society</b> the totality of social relationships among organized groups of human beings	Never promise what you can't deliver.	<p>AND NOW! Back to the Classroom: Everyone makes up a family. Each family makes up a society. When we make good decisions for ourselves, we are also making good decisions for our family and our society. STAY IN YOUR LANE.</p> <p><b>PARENT NOTE:</b> Talk about cultural assimilation. Highlight some of the things you like about other cultures and discuss any ways your family has been cross-culturally influenced. Find out how well your child respects diversity.</p>
Fri 29	<b>Boundaries</b> line that marks the limits of an area	Look after your team and they will help deliver sustained success.	<p>AND NOW! Back to the Classroom: It's important to be aware of social boundaries. Cultures have different boundary lines for what is acceptable for personal space. Some cultures adore closeness while other cultures are a little stand offish. Take the time to explore what is socially acceptable in other cultures. Every culture appreciates it when a someone takes the time to learn their ways. It is a compliment to show care in this way. STAY IN YOUR LANE.</p> <p><b>PARENT NOTE:</b> Prepare a cross cultured dinner. Research some of the culture in your communities and their diverse eating habits. For instance, a burp is a compliment</p>

to some cultures but should be suppressed in our culture. Help your child explore, understand, and respect cultural differences.

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FACTS &  
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LINKS

## December

### Peer-to-Peer Study Findings

- Teens with friends who do drugs and drink alcohol are more likely to do the same.
- Teens who do drugs and drink alcohol are more likely to convince their friends to do it too.
- Teens who do drugs and drink alcohol are more likely to seek out other teens who do the same (Zeiger).



- Know your child's friends.
- Talk to your teen about peer pressure.

For more information:

[http://teens.lovetoknow.com/Statistics\\_on\\_Peer\\_Pressure](http://teens.lovetoknow.com/Statistics_on_Peer_Pressure)

## Teaching Your Teen Values

Most parents recognize the need for their children to have right values. But how do you teach them? Here are practical pointers parents can use to instill those standards (Sweat, 2008).

- Model good values
- Apologize to your children when you make mistakes
- Use every day experiences as a springboard for conversation
- Share your personal experiences
- Hold your children accountable for their mistakes
- Don't let your children take the easy way out of challenges
- Involve your children in encouraging and helping others
- Applaud good behavior

For more information: <https://www.ucg.org/the-good-news/10-practical-ways-to-teach-your-children->

## Teach your Teen How to Handle Peer Pressure

At some point, everyone has the desire to fit into a group. If your teen is interested in sports, they might hang out with the “jocks.” If they are interested in music, they spend time with others who enjoy music. Your teen belongs to that group and feels secure when a part of it. The group identifies who they are and what they are about.

But what if people in “their group” starts doing things that are wrong, hurtful, or even illegal? And what if these same people are your teen's friends?

This is what we refer to as peer pressure — the pressure to conform to the behaviors, attitudes, and personal habits of “the group.” In many cases, there are serious risks involved.

- Talk to your teen about how he/she would react to a situation.
- Talk to your teen about alternative ways to respond to peer pressure.

For more information: <http://teens.webmd.com/peer-pressure>