

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



Module 7  
Table Talks

# Table Talks

## Parent Resource



# June 2018

## Safe and Healthy Options to Grow On

	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</b> <b>1</b>	<b>Peace</b> The absence of mental stress or anxiety	Be fearless.	AND NOW! Back to the Classroom: Peace of mind is available freely if we just let go of three C's. Criticizing, Complaining and Comparing! Try it today. STAY IN YOUR LANE. PARENT NOTE: Talk to your child about processing opinions without defense. You can teach your child how to minimize conflict by teaching them to become less defensive when they are criticized. Teach them to use all feedback for growth.



June 2018

Safe and Healthy Core Values to Grow On

	Words of the Day	Leadership Tip of the Day	Table Talks
<p><b>Mon</b> <b>4</b></p>	<p><b>Healthy</b> conducive to wellness and fitness</p>	<p>Set high standards.</p>	<p>AND NOW! Back to the Classroom: It is not only important for us to maintain physical health while growing up, but mental and emotional health as well. The healthier we keep ourselves and our brain, the better decisions we can make on our own behalf. STAY IN YOUR LANE. PARENT NOTE: It can be difficult for teens to process their emotions because there are so many right now in their young lives. Discuss how important it is to stay calm under pressure and make educated decisions.</p>
<p><b>Tue</b> <b>5</b></p>	<p><b>Choice</b> Range, variety, selection, assortment; a selection, preference, election, pick; option, say, alternative</p>	<p>Develop excellent organizational and execution skills.</p>	<p>AND NOW! Back to the Classroom: There are so many things to consider when making a decision... Are you going to hurt someone or yourself? Does it feel, right? If a decision is causing you bad vibes, it's probably not something you should do. Our bodies are built with a system that lets you know when something isn't right. All you must do is listen. STAY IN YOUR LANE. PARENT NOTE: Discuss the way our moods affect others and vice versa. We are all interconnected in our moods. We each can lighten or dampen the mood of another. Young people should keep this in mind</p>
<p><b>Wed</b> <b>6</b></p>	<p><b>Wrong</b> contrary to conscience, morality, or law; unfair; unjust</p>	<p>Be passionate, honest, and dependable.</p>	<p>AND NOW! Back to the Classroom: Just because you make a wrong decision does not mean that you are a failure. This decision happened the way it did so that you may learn. Learn from your wrong decisions and make sure you remember them so that you won't make the same mistake twice. As time goes on, consequences seem to become more severe. STAY IN YOUR LANE. PARENT NOTE: This month's discussions are about managing emotions. Today you can talk about better ways of handling setbacks. A setback in the presence of other options is an alternate plan.</p>
<p><b>Thur</b> <b>7</b></p>	<p><b>Know</b> to possess knowledge, understanding, or information; to be cognizant or aware</p>	<p>Do what it takes to win trust.</p>	<p>AND NOW! Back to the Classroom: The best way to make a right choice is to know you. If you are always doing things just to please others, you have lost who you are. If your decisions are based on others' decisions, they may not be the right choice for you. Know who you are and what is right for you. STAY IN YOUR LANE. PARENT NOTE: Discuss the importance of maintaining a sense of humor. Life becomes so much easier when we learn to laugh at ourselves and laugh with the world. Sharing a laugh is one of the best bonds that can be formed.</p>
<p><b>Fri</b> <b>8</b></p>	<p><b>Sixth Sense</b> power of perception seemingly independent of the five senses; keen intuition</p>	<p>Collaborate with other teams.</p>	<p>AND NOW! Back to the Classroom: The sixth sense is that feeling you get in your stomach when you know you are doing something that you shouldn't be doing. It's that feeling that you get when something just doesn't feel right. It's your body's way of telling you that something needs to change. Listen to it. It's only there to help you. STAY IN YOUR LANE. PARENT NOTE: Learning to be objective can be quite a task. Young people can often be quite emotionally driven and consequently many primarily see things from their own personal view. Talk to them about broadening that perspective by considering the feelings and position of others in every situation. #ObjectiveConsideration</p>



June 2018

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<p><b>Mon</b> <b>11</b></p>	<p><b>Education</b> the knowledge or skill obtained or developed by a learning process; a program of instruction of a specified kind</p>	<p>Operate with integrity and fairness.</p>	<p>AND NOW! Back to the Classroom: Getting an education is a very important process growing up. Not only does it teach you the things you should know about history, science, math and English, it gives you a solid foundation where to start your life as an adult. <b>STAY IN YOUR LANE.</b>  <b>PARENT NOTE:</b> When experiencing anger or other strong emotions, slow down to examine why. Ask your teen to remember, no matter what the situation, you can always choose how you react.</p>
<p><b>Tue</b> <b>12</b></p>	<p><b>Rules</b> A usual, customary, or generalized course of action or behavior</p>	<p>Thirst for learning.</p>	<p>AND NOW! Back to the Classroom: Everywhere you go in life, there are rules in place. Rules are made for structure and compliance. In some cases, they are put in place for your protection. It is not hard to follow the rules. Pay attention and do what is right. <b>STAY IN YOUR LANE.</b>  <b>PARENT NOTE:</b> One of the most effective rules when communicating is listening. Talk to our child about the importance of listening without judgement. Most people just want to be heard. Listening creates a connection between the speaker and the listener. Relationships thrive on great communication.</p>
<p><b>Wed</b> <b>13</b></p>	<p><b>Values</b> or standard, as of behavior, that is considered important or desirable</p>	<p>Be supportive and caring.</p>	<p>AND NOW! Back to the Classroom: Values, here are few. Integrity- Do the right thing. Commitment -Do what you say. Respect – value people. Excellence – Do your best. What other values can you add to your list? <b>STAY IN YOUR LANE.</b>  <b>PARENT NOTE:</b> Discuss how our personal value system can help us choose the way we would like to contribute to society. Have your teen outline the things that matters that will give them a starting point on the map to their life’s happiness. Ask your teen what are the areas of work in society that interest them the most.</p>
<p><b>Thur</b> <b>14</b></p>	<p><b>Guidance</b> leadership, instruction, counseling or advice</p>	<p>Share information.</p>	<p>AND NOW! Back to the Classroom: Every one of us needs guidance in our lives. We were not born with the knowledge of how to succeed in life. If we want to succeed in our lives, we must have some help from somewhere. Look for a role model in areas that interest you, ask how they got there, where you can start and if they will teach you.  <b>PARENT NOTE:</b> Some of the biggest failures in life could have been prevented if only people would seek help. Seeking guidance is one of the best things a young person can do. Let your child know the areas you can guide them the most. Also provide some alternative mentors for areas you may be a strength.</p>
<p><b>Fri</b> <b>15</b></p>	<p><b>Mentor</b> a wise and trusted counselor or teacher</p>	<p>Make sure team spirit is upbeat.</p>	<p>AND NOW! Back to the Classroom: A mentor is who you look to for the guidance that you need to succeed. They are put in place to ‘show you the ropes’. Teach you, help you, be there for you and guide you. Do you have a mentor? If you need one think about who you would want and reach out today. <b>STAY IN YOUR LANE.</b>  <b>PARENT NOTE:</b> Talk to your child about the transition from using many resources and being a dependent to becoming a resource. Let them know that this is everyone’s goal and the right of passage toward adulthood. Ask them if they have any anxiety when thinking about becoming independent.</p>



June 2018

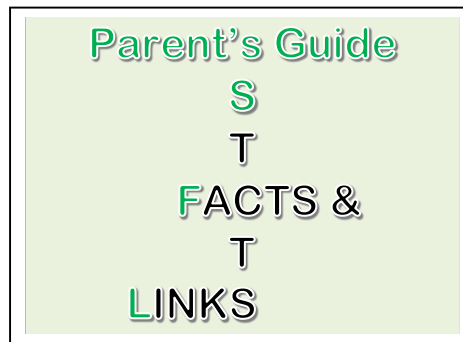
	Words of the Day	Leadership Tip of the Day	Table Talks
Mon 18	<b>Trust</b> the confidence or reliance; the condition and resulting obligation of having confidence placed in one	Mentors, coaches, and develops people	AND NOW! Back to the Classroom: Trust is the foundation of any good relationship. Trust takes years to build, seconds to break and forever to repair. Think twice about having a relationship with no trust, it's like a cell phone with no service; all you will do is play games. STAY IN YOUR LANE. PARENT NOTE: Find out what areas your child is ready willing and able to be more independent. Analyze to see if they have demonstrated enough trust to allow them to exercise independence. Come up with a plan that will give them autonomy in one area of their life.
Tue 19	<b>Loyalty</b> state or quality of being loyal; a feeling of faithfulness or allegiance	Sets clear expectations.	AND NOW! Back to the Classroom: Loyalty to self is probably one of the most important things one should have. You must be loyal to what you believe in, or you will lose it. The same goes for relationships; if you are not loyal to those you are in a relationship with, there is that chance that you will lose them. STAY IN YOUR LANE. PARENT NOTE: Positive reinforcement is a great tool to use to maintain a relationship with your teen. Praise them for a time you recognize their loyalty and dedication to family, community, and/or school.
Wed 20	<b>Jealous</b> a feeling of envy	Instill a sense of community.	AND NOW! Back to the Classroom: Jealousy can ruin your peace and end relationships; it can also be a signal to you that it's time to make a change. Rather than letting jealousy infect your relationship with others, use its appearance as a reason to better understand yourself. If you are having to deal with the jealousy of others, draw clear boundaries and protect yourself. STAY IN YOUR LANE. PARENT NOTE: Jealousy can be crippling to anyone's progression and growth. Feelings of jealousy should only arise between people who owe each other a duty that has not been fulfilled. So, we should never feel jealous of someone who has not committed to our security.
Thur 21	<b>Faithful</b> adhering firmly and devotedly, as to a person, cause, or idea; loyal	Provides people with the tools and autonomy to get things done.	AND NOW! Back to the Classroom: We can be physically, mentally and emotionally faithful. Being faithful is a mark of honor and strength. It takes a lot of discipline to be committed to the wellness and betterment of another person. Kudos to the faithful. STAY IN YOUR LANE. PARENT NOTE: Ask your child if there is someone in their life that they feel compelled support in physical, mental or emotional health. Discuss some ways they can effectively help, without overwhelming themselves
Fri 22	<b>Honesty</b> quality or condition of being honest; integrity; truthfulness; sincerity	Understand what motivates others in order to inspire them in their work.	AND NOW! Back to the Classroom: Honesty in a relationship has a sidekick. It's trust. If you can't be honest with yourself, how can you trust yourself If you can't be honest in a relationship, how will that person ever be able to trust you? STAY IN YOUR LANE. PARENT NOTE: Honesty is such a freeing trait. No matter how bad a decision or situation, it is best to be completely honest about our objectives, our reasoning and our feelings about the outcome. Even when we are wrong, honesty makes us relatable. No one argues with the guy who can admit when he made a mistake. Talk to your child about the power they gain in life by being honest and transparent.



June 2018

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<b>Mon</b> <b>25</b>	<b>Commitment</b> a pledge or obligation, as to follow a certain course of action	Give credit where credit is due.	<p>AND NOW! Back to the Classroom: Having a commitment to someone means that you are dedicated to that person. It doesn't just mean in an intimate relationship. In a friendship, there must still be the same type of commitment on a different level. There must be a commitment for honesty, trust and reliability for any kind of relationship to work. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Staying on task can be difficult to do. If you notice your teen having trouble managing their time, today may be a good day to discuss scheduling and organization. When any of us commit to a task we should be mindful to see it through. Our word should be our bond and planning can reinforce our ability to be true to our word.</p>
<b>Tue</b> <b>26</b>	<b>Respect</b> the state of being honored or esteemed polite or kind regard	Care about the well-being of the team.	<p>AND NOW! Back to the Classroom: To respect someone, you must first know what it is that the person finds disrespectful. Everyone is different. When you know what that is, you must accept that it is what that person believes and do your best not to hurt their feelings. Think how the impact of your reacting could hurt someone else. Think it through. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Being respected seems to have more longevity than having fame. Ask your child if they would rather be respected or famous. Normally people are respected by those they have directly affected while fame can be earned without an actual or genuine connection. Ask your child if they would rather EXPERIENCE respect or are they comfortable simply KNOWING of their fame without the connections.</p>
<b>Wed</b> <b>27</b>	<b>Empathy</b> the ability to identify with or understand another's situation or feelings	Adapt your message to the environment.	<p>AND NOW! Back to the Classroom: Empathy is the word they use when you take someone else's feelings into account. No one wants to be in any kind of relationship if the other person continuously hurts them, intimate or not. Show some empathy today. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Empathizing brings everyone together. Yawn contagion seems to be an innate act of empathy. When we are tired, we yawn. We then cause the next person to yawn. It almost lets the next person know that we all are a little tired. Talk about other ways to genuinely express empathy and how empathy positively affects us all.</p>
<b>Thur</b> <b>28</b>	<b>Communication</b> the exchange of thoughts, messages, or information, as by speech, signals, writing, or behavior	Rallies people to achieve a common goal.	<p>AND NOW! Back to the Classroom: Communication is very effective in relationships. However, relationships and friendships suffer when a person is unable to express themselves completely and well. Cooperation and communication are best when we can integrate our concerns and find mutual solutions. However, this is not possible when we do not communicate well. Be expressive. Keep the lines of communication open to keep your friendships strong. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE</b> Teens seem to create their own dialect every generation. Much like every culture, it is a compliment to try to relate. Nothing says, I want to connect with you better than trying to speak someone's language. Pick a few words from your child's generation and use them to demonstrate how important it is for you all to stay connected. Speak their language and they may try to understand yours as well.</p>
<b>Fri</b> <b>29</b>	<b>Balance</b> state of equilibrium or parity characterized by cancellation of all forces by equal opposing forces	Motivates others during times of uncertainty.	<p>AND NOW! Back to the Classroom: When it comes to healthy friendships, balance is important. It's ok to spend time together, but everyone needs their alone time. People need time for themselves. Find the balance between being negligent and overwhelming in friendship. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Talk to your child to find out where the line of balance is in your relationship. Ask them if they feel you spend enough time together or if they would prefer to spend more time together. Invite them to take up more of your time and be receptive to the idea of falling back a little as well.</p>



June

## Encourage Your Teen to Build Healthy Relationships

Relationships can play a major role in our lives, especially during the teen years. However, not all relationships are healthy. Sometimes we associate with people who may not have our best interests in mind. It's vital that you learn to recognize a healthy relationship from a harmful one (ABCs of a Healthy Relationship).

- Discuss with your teen what a healthy relationship consists of.
- Discuss with your teen what an unhealthy relationship involves.

The ABCs of Healthy Relationships – Awareness, Balance, and Choices – includes information, skill building, value clarification activities, resources, and conversation starters.

### Danger Signs of an Unhealthy Relationship

- Red Lights
- Forms of Abuse
- Dating Violence Cycle
- Myths of Dating Violence
- Abusive Romantic Relationship

For more information: <http://www.pamf.org/teen/abc/>

## Healthy Choices

Throughout their teenage years, your child will be confronted with many difficult situations where choosing to make a safe and healthy decision may not be the easiest – or most obvious – thing to do (Helping Your Teen Make).

- Discuss with your teen how to make better decisions.
- Discuss with your teen what influences him/her when it comes to deciding.

Whenever your teen comes to talk to you regarding a decision he or she is currently facing, make the most out of the opportunity! Your approach to any discussion has a real impact on whether your teen feels comfortable coming to talk to you in the future.

The tips we have provided below are designed to help you convey to your teen that you want to help, but won't try to control the situation by taking the decision out of their hands or making the decision for them.

- Allow your teen to describe the problem or situation in their own words.
- Ask how he or she feels about the problem.
- Ask questions that avoid “yes” or “no” responses. These questions usually begin with “how,” “why,” or “what.”
- Really listen to what your teen is saying instead of thinking about your responses.
- Try to put yourself in your teen’s shoes to understand his or her thoughts.
- Talk with your teen about choices.
- Teens sometimes believe they don’t have any choice in the outcome of difficult situations.
- Help your teen to see alternatives that may be smarter, more responsible options.
- Define what constitutes a safe or smart choice. Help your teen understand that their health is often the most important factor involved in decision-making.
- Help your teen to identify and compare the possible consequences of all the available choices.
- How will the results affect your teen’s goals? For example, how would smoking affect playing on the soccer team?
- Explain (without lecturing) the consequences of different choices.
- Allow your teen to decide and carry it out.
- Ask if your teen has a plan.
- Remember, your teen may make different choices than you would prefer.
- Later, ask your teen how things worked out.
- What did he or she learn from the decision?
- Allow your teen to live and learn from mistakes.
- Praise your teen when he or she makes a good choice.

For more information: <http://www.pamf.org/parenting-teens/emotions/responsible-choices/choices.html>

## **Your Teen and Intimate Relationships**

Early teenage relationships often involve exploring physical intimacy and sexual feelings. You might not feel ready for this, but you have an important role in guiding and supporting your child through this important developmental stage (Raising Children Network, with the Centre for Adolescent Health).

- Discuss with your child what intimate relationships are.
- Discuss with your child how to know when the time is right.



### **When teenage relationships start:**

There isn't a 'right age' to start having relationships – every child is different, and every family will feel differently about this issue. But here are some averages:

- From 9-11 years, your child might start to show more independence from the family and more interest in friends.
- From 10-14 years, your child might want to spend more time in mixed gender groups, which might eventually end up in a romantic relationship.
- From 15-19 years, romantic relationships can become central to social life. Friendships might become deeper and more stable.

For more information: [http://raisingchildren.net.au/articles/relationships\\_teenagers.html](http://raisingchildren.net.au/articles/relationships_teenagers.html)

### **Teens and Sexual Behavior**

Not all teenage relationships include sex, but most teenagers will experiment with sexual behavior at some stage. This is why your child needs clear information on contraception, safe sex and sexually transmitted diseases (STIs). This could also be your chance to talk together about dealing with unwanted sexual and peer pressure.

If you keep the lines of communication open and let your child know that you're there to listen, he'll be more likely to come to you with questions and concerns (Raising Children Network, with the Centre for Adolescent Health).

- Discuss with your teen the importance of safe sex.
- Discuss with your teen the dangers associated with unprotected sex.

*Vaginal penetrative sex* – Is when a man's penis enters a woman's vagina.

If a condom is not used, there's a risk of pregnancy and getting or passing on STI's including:

- chlamydia
- genital herpes
- genital warts
- gonorrhea
- HIV
- syphilis

For more information: <http://www.nhs.uk/Livewell/STIs/Pages/Sexualactivitiesandrisk.aspx>