

# December

## Core Values, Peer Assimilation & Peer Pressure

December is designated to helping teens develop integrated skills. These skills help support a healthy, active lifestyle. This month we guide teens on how developing and implementing an effective personal wellness plan contributes to healthy decision-making over one's lifetime. This is done using tools that include our Self-Actualizing Scales.

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*"When you say 'yes' to others, make sure you are not saying 'no' to yourself"*  
– Paolo Coelho

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- Personal Wellness
- Peer Pressure
- Low Self-Esteem
- Genetics, Culture, and Assimilation
- Good Role Models
- Poor Role Models
- Family Wellness
- Goal Setting
- Identifying Barriers
- Overcoming Barriers
- Goal Attainment
- Effective Decision Making
- Consequences in Decision Making (Long/Short)
- Creating, supporting, and maintaining welcoming environments

## Daily Conversations/Activities

December 1 – December 9

Core Values, Peer Assimilation & Peer Pressure

**Saturday, December 1, 2018**

Pick a family activity from page 92

**Sunday, December 2, 2018**

Pick a family activity from page 92

**Monday, December 3, 2018**

**TABLE TALK:** 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.

**Tuesday, December 4, 2018**

**TABLE TALK:** 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.

**Wednesday, December 5, 2018**

**TABLE TALK:** 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?

**Thursday, December 6, 2018**

**TABLE TALK:** Talk to your child about the type of situations they should conform to and the situations where they should challenge conformity.

**Friday, December 7, 2018**

**TABLE TALK:** Evaluate the things your child has become popular for. Discuss the positive and potential negatives to popularity.

**Saturday, December 8, 2018**

Pick a family activity from pg 92

**Sunday, December 9, 2018**

Pick a family activity from pg 92

**Saturday, December 8, 2018**

Pick a family activity from page\*\*\*\*

**Sunday, December 9, 2018**

Pick a family activity from page\*\*\*\*

## Daily Conversations/Activities

December 10 – December 16

Core Values, Peer Assimilation & Peer Pressure

**Monday, December 10, 2018**

**TABLE TALK:** 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.

**Wednesday, December 12, 2018**

**TABLE TALK:** 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 your child as well. What better consequence than the one you have written yourself.

**Friday, December 14, 2018**

**TABLE TALK:** Share a story of a time you or someone you know did something immoral or unethical. Share those consequences and their feelings after the incident. Sharing the flaws from which we have grown, makes us more relatable to our children.

**Saturday, December 15, 2018**

Pick a family activity from page 92

**Tuesday, December 11, 2018**

**TABLE TALK:** 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.

**Thursday, December 13, 2018**

**TABLE TALK:** 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 grand mom. Teach your child how each of us appreciates the courtesy of small accommodations for our differences.

**Sunday, December 16, 2018**

Pick a family activity from page 92

## Daily Conversations/Activities

December 17 – December 23

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**Monday, December 17, 2018**

**TABLE TALK:** peer pressure means to conform to the behaviors, attitudes, and personal habits of "the group." In many cases, there are serious risks involved. Role play with your teen about how he/she would react in risky situations. Talk to your teen about alternative ways to respond to peer pressure.

**Wednesday, December 19, 2018**

**TABLE TALK:** Describe someone in your life who you looked up to. Explain the ways they impacted your life. Encourage your teen to link with a mentor as an added support.

**Friday, December 21, 2018**

**TABLE TALK:** Share some experiences that matured you when you were your teen's age. What were the significant events that you now view as mile marker on your journey toward maturity?

**Saturday, December 22, 2018**

Pick a family activity from page 92

**Tuesday, December 18, 2018**

**TABLE TALK:** Here are some ways to build your teen's value system: (Sweat, 2008). Model good behavior. Apologize to your teens when you make mistakes. Share your personal experiences. Don't let your teens take the easy way out of challenges. Involve your teens in encouraging and helping others. Applaud good behavior.

**Thursday, December 20, 2018**

**TABLE TALK** Explain how confusing 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.

**Sunday, December 23, 2018**

Pick a family activity from page 92

## Daily Conversations/Activities

December 24 – December 31

### Core Values, Peer Assimilation & Peer Pressure

**Monday, December 24, 2018**

**TABLE TALK:** Ask your teen to play a game of Truth or Dare with you. Evaluate if topics that makes your teen 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.

**Wednesday, December 26, 2018**

**TABLE TALK:** Talk about a time you and/or your teen resolved a conflict. Discuss whether it was the kind of conflict that brought you closer together or did it create distance.

**Friday, December 28, 2018**

**TABLE TALK:** 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 teen respects diversity.

**Saturday, December 29, 2018**

Pick a family activity from page 92

**Tuesday, December 25, 2018**

**TABLE TALK:** Discuss the challenges of interacting with immature people. Describe ways the epidemic of immaturity has harmed our society.

**Thursday, December 27, 2018**

**TABLE TALK:** Find a household issue that has been lingering that has not been fixed and fix it! Maybe there is a bulb out or the printer has been out of ink for a week. Put on your handyman suit and model problem resolution.

**Sunday, December 30, 2018**

Pick a family activity from page 92

**Monday, December 31, 2018**

**TABLE TALK:** 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 to some cultures but should be suppressed in our culture. Help your teen explore, understand, and respect cultural differences.

## Family Activities For December

Participate in a fundraiser  
(value system see Dec 18th)

Visit and consider joining a local 4-H  
(making good friends see Dec. 1st)

Attend a church youth group activity  
(friends see Dec 1st)

Visit a neighborhood of a different culture  
(diversity see Dec 5th)

Do random acts of kindness  
(value system see Dec 18th)

Cook a meal from a different culture  
(differences see Dec 13th)

Volunteer at a homeless shelter

Start a non-profit/charity organization

Learn a different Language  
(diversity see Dec 5th)

Go to an arcade

Host a teen game night

Go to a museum of a different culture