

NURTURING MINDS

PRIORITIZING MENTAL HEALTH AND OVERCOMING CHALLENGES

STRAIGHT TALK

FOR PARENTS

OUR MISSION:

To steer youth straight toward making sound, rational decisions through a learning experience that provides a message of reality to help them make positive, informed choices.



EMPOWERING SOLUTIONS

It's important for young individuals to know that they are not alone and that there are strategies to combat the challenges they face.



MENTAL HEALTH- AN INCREDIBLY IMPORTANT ASPECT THAT AFFECTS THE WELL-BEING OF OUR HIGH SCHOOL STUDENTS AND TEENS. IN THE EVER-CHANGING LANDSCAPE OF THEIR LIVES, IT'S CRUCIAL THAT WE ADDRESS THE CHALLENGES THEY FACE, SUCH AS PEER PRESSURE AND BULLYING, AND PROVIDE EFFECTIVE SOLUTIONS TO HELP THEM NAVIGATE THESE ISSUES WHILE MAINTAINING A STRONG MENTAL FOUNDATION. THE WEIGHT OF PEER PRESSURE AND BULLYING AS ADOLESCENTS GROW AND DEVELOP, THEY OFTEN ENCOUNTER SITUATIONS WHERE THEY FEEL THE PRESSURE TO CONFORM TO CERTAIN BEHAVIORS OR LIFESTYLES. PEER PRESSURE CAN BE INTENSE, LEADING STUDENTS TO ENGAGE IN ACTIVITIES THAT MAY NOT ALIGN WITH THEIR VALUES OR GOALS. FURTHERMORE, THE PREVALENCE OF BULLYING, BOTH IN-PERSON AND ONLINE, CAN CAUSE LASTING EMOTIONAL SCARS.

For More Info E-mail Us@Programs@SteeredStraight.org

NURTURING MINDS



*Prioritizing Mental Health
and Overcoming Challenges*

**take care
of your mind**

ASKING FOR HELP: ONE OF THE BRAVEST THINGS A PERSON CAN DO IS ASK FOR HELP. ENCOURAGE TEENS TO REACH OUT TO A TRUSTED FRIEND, FAMILY MEMBER, OR COUNSELOR IF THEY'RE FEELING OVERWHELMED BY THE PRESSURE AROUND THEM. REMEMBER, SEEKING ASSISTANCE IS A SIGN OF STRENGTH, NOT WEAKNESS. MAKING THE RIGHT CHOICES: REMIND STUDENTS THAT THEY HAVE THE POWER TO MAKE CHOICES THAT ALIGN WITH THEIR VALUES AND ASPIRATIONS. ENCOURAGE THEM TO PAUSE, REFLECT, AND CONSIDER THE POTENTIAL CONSEQUENCES BEFORE MAKING DECISIONS.

RESPECTING YOURSELF AND OTHERS: INSTILL THE IMPORTANCE OF SELF-RESPECT AND EMPATHY FOR OTHERS. WHEN INDIVIDUALS VALUE THEMSELVES AND TREAT OTHERS WITH KINDNESS, THEY ARE LESS LIKELY TO SUCCUMB TO NEGATIVE PEER PRESSURE OR ENGAGE IN HURTFUL BEHAVIOR.

SETTING YOURSELF UP FOR FUTURE GREATNESS: REMIND STUDENTS THAT EVERY DECISION THEY MAKE TODAY SHAPES THEIR FUTURE. ENCOURAGE THEM TO FOCUS ON THEIR LONG-TERM GOALS AND HOW THEIR CHOICES CAN CONTRIBUTE TO THEIR OVERALL SUCCESS AND WELL-BEING.

BUILDING RESILIENCE: RESILIENCE IS THE ABILITY TO BOUNCE BACK FROM CHALLENGES. PROVIDE TOOLS FOR BUILDING RESILIENCE, SUCH AS MINDFULNESS EXERCISES, JOURNALING, AND ENGAGING IN ACTIVITIES THEY ARE PASSIONATE ABOUT.



IN OUR NEXT NEWSLETTER, WE'LL DIVE INTO PRACTICAL TIPS AND RESOURCES FOR PREVENTION AND SUPPORT ON CYBER BULLYING. UNTIL THEN, LET'S KEEP THE CONVERSATION GOING AND THE AWARENESS GROWING.

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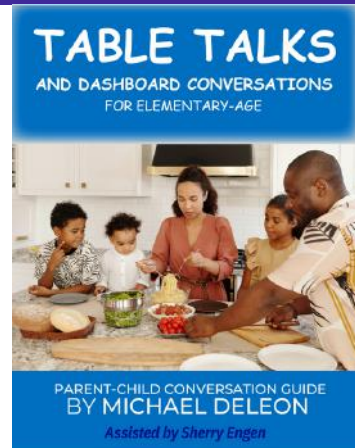
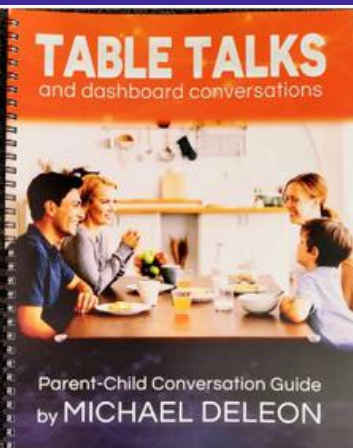


Table Talks AND DASHBOARD CONVERSATIONS

We're thrilled to introduce you to an incredible resource that will transform the way you communicate and bond with your children.

Steered Straight Inc. is so excited to showcase how this book can foster open communication, strengthen relationships, and empower your children to make informed decisions.

In today's fast-paced world, it's becoming increasingly important to establish a strong and meaningful connection with our children. We understand the challenges parents face in balancing work, daily activities, and quality time with their kids. That's why we're delighted to introduce you to our "Table Talks and Dashboard Conversations" book. At the heart of this remarkable resource is the idea of open communication. Our "Table Talks" provides conversation starters and topics organized by months, ensuring you have engaging discussions with your children throughout the year. These conversations create a safe and distraction-free zone where your children can share their thoughts, concerns, and dreams.

OUR ULTIMATE GOAL

The aim of the "Table Talks and Dashboard Conversations" book is to help you become more engaged in your children's lives. We want to stress the importance of consistent communication through conversations and activities. By doing so, you'll not only strengthen your relationship but also equip your children with the tools they need to succeed in life.

Don't miss out on this opportunity to transform your family dynamics and create a lasting impact on your children's lives. Order your "Table Talks and Dashboard Conversations" book today and embark on a journey of enhanced communication, strong relationships, and empowered decision-making.

www.steeredstraight.org/table-talks-2



Family Coaching Corner

Updated Topics and Support for Parents



*Drugs and Alcohol are the Symptom, the **REAL** problem is what the child is **FEELING** inside*

Do we have a drug and alcohol problem? **YES!**

Is that where the **REAL** problem begins? **NO!**

The REAL problem starts with a thought.

A simple thought about who they are or how hard their life is. This is where **ALL** of our **FEELINGS** begin. With a thought that we create in our minds. When we think the thought over and over again, it becomes a part of our belief system. And now, we live with this believe, *Every. Single. Day.*

When our feelings become heavy, hard, or overwhelming, we usually do 1 of 3 things. -----> We've never learned how to manage our feelings, and therefore, we can become *completely* out of

control. We can only push them down for so long until they take over. But our brain learns quickly that if we can numb that pain, we can get through our day a little easier **WITHOUT** dealing with the **REAL** problem, which again is the thought. And this is how it begins. With a painful thought.

KIDS ARE NOT LEARNING HOW TO PROCESS THROUGH THEIR PAINFUL EMOTIONS

They only know how to:

- 1 Push their emotions down**
- 2 Lash out in anger or blame**
- 3 Buffer with "feel good" substances**

BUFFERING IS THE #1 PROBLEM FOR TEENAGERS TODAY

Buffering is the *WORD* that I use for avoiding our painful emotions. **ALL** of us do it, and sometimes, it can lead to *damaging situations*.

Buffering can look like eating a lot of fast food. It can look like sleeping the day away. It can look like hours of video games or losing ourselves in our smartphones for hours on end. It can also look like vaping, drinking, doing drugs, looking at pornography or engaging in self-harm. **Buffering** is **ANY ACTIVITY** that gives our brain an immediate dopamine hit and helps us to avoid the pain we are feeling. **We all do it.** And most of us are not even aware of the cycle we are in when it is happening. The reason it becomes addicting is because the brain loves to feel good. The brain becomes *programmed* to believe that this substance or activity is **NECESSARY** for survival. When the brain craves more, it is doing what it has been programmed to do.

So, what can we do about this buffering problem? Well, the first thing is to simply **be aware** of the process that is happening. So many kids today are immediately scolded for not being able to control their behavior, which does nothing to help solve the problem.

If our child looks to buffer because of their pain, then we want to start with the pain.

What is happening in this child's life that is causing them to act out? Why do they choose the friends they have? Why can they not stop smoking or drinking? What people in their life do they miss or struggle with? What is happening with this child?

There is always an answer there. It's either an **event that happened** that triggered the behavior or a **self-confidence issue** or a **mental health issue**.

Every time a child is struggling, there is something behind it.

If we can find out what's behind it, we can start working through the problem.

Once the problem starts to go away, the symptoms (or behavior) disappears on it's own.

When a child is involved in harmful behavior, it ALWAYS starts from a place of pain. If we start with healing the pain, the behavior stops almost immediately.



PARENTS: **BE THE INVESTIGATOR & LOOK INTO WHAT'S BEHIND THE BEHAVIOR**



Jheri South
COACHING
PARENTS & TEENS

MICHAEL R. DELEON



Michael DeLeon is on a mission: A mission to educate youth to stay on the right path when it comes to serious life issues, especially drugs. He has become the #1 booked school presenter in the country and is the nation's leading expert on Vaping and THC.

Michael is the founder and powerhouse behind Steered Straight Inc., a non-profit organization formed in 2007 upon his release from prison and designed to carry an important message to youth on the extreme dangers of drugs, gang involvement and associated criminal activity.

Steered Straight's program reaches out to children, teens and young adults with a message of reality about life-choices and the importance of consequential thinking so they understand that there are consequences to their actions. The reality of the message comes from Michael himself, who was entwined in the life of drugs and traveled a troubled road to get to his future.

Throughout the country, Michael now leads a team of talented speakers who present a realistic and powerful prevention message. His "no holds back" message resonates well with student assemblies, faculty and parents.



MEET

Jheri South

She's one of the few Certified Master Transformational Coaches **who specializes in working with teenagers.** She has become the leader in advocating for **teens and working with parents** to heal family relationships and give teens & parents the tools to live their best life. She works with leaders in the community to bring positive messages and important life skills into **assemblies, workshops, classrooms and self-improvement seminars** for children & parents everywhere!



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