

Bringing Up Great Kids Parenting Adolescents

Chapter 3 Handouts

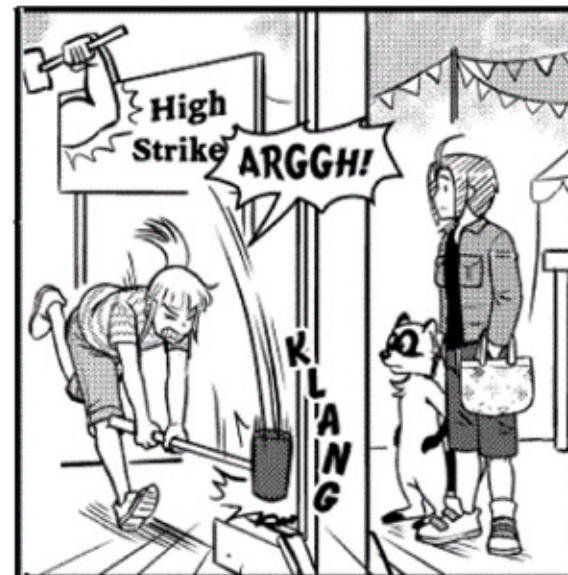
The High Striker

Reflect on the comic and fill in the six spaces according to a real experience with your adolescent(s).

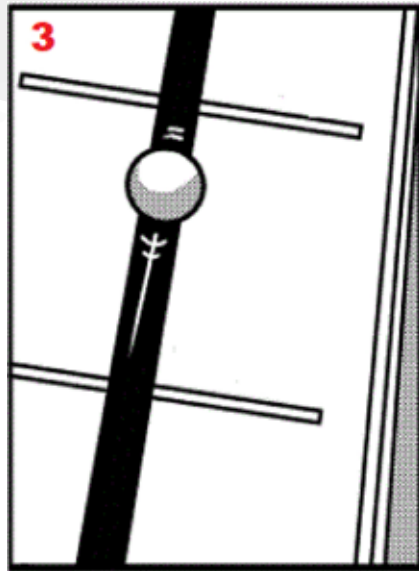
1. What thoughts or feelings may cause **BIG** emotions in your adolescent?



2. What is the act of high striking in your adolescent? (e.g. throwing things or screaming)



The High Striker



3. To what level does this escalate their behaviour?



4. How do you respond or wish to respond to your adolescent?

6. How might your adolescent be feeling or reacting after the strike and receiving your response?

5. Design your facial expression while responding.

Adolescents and Volcanoes

Think about how you can link the statements about volcanoes with the statements about adolescents.



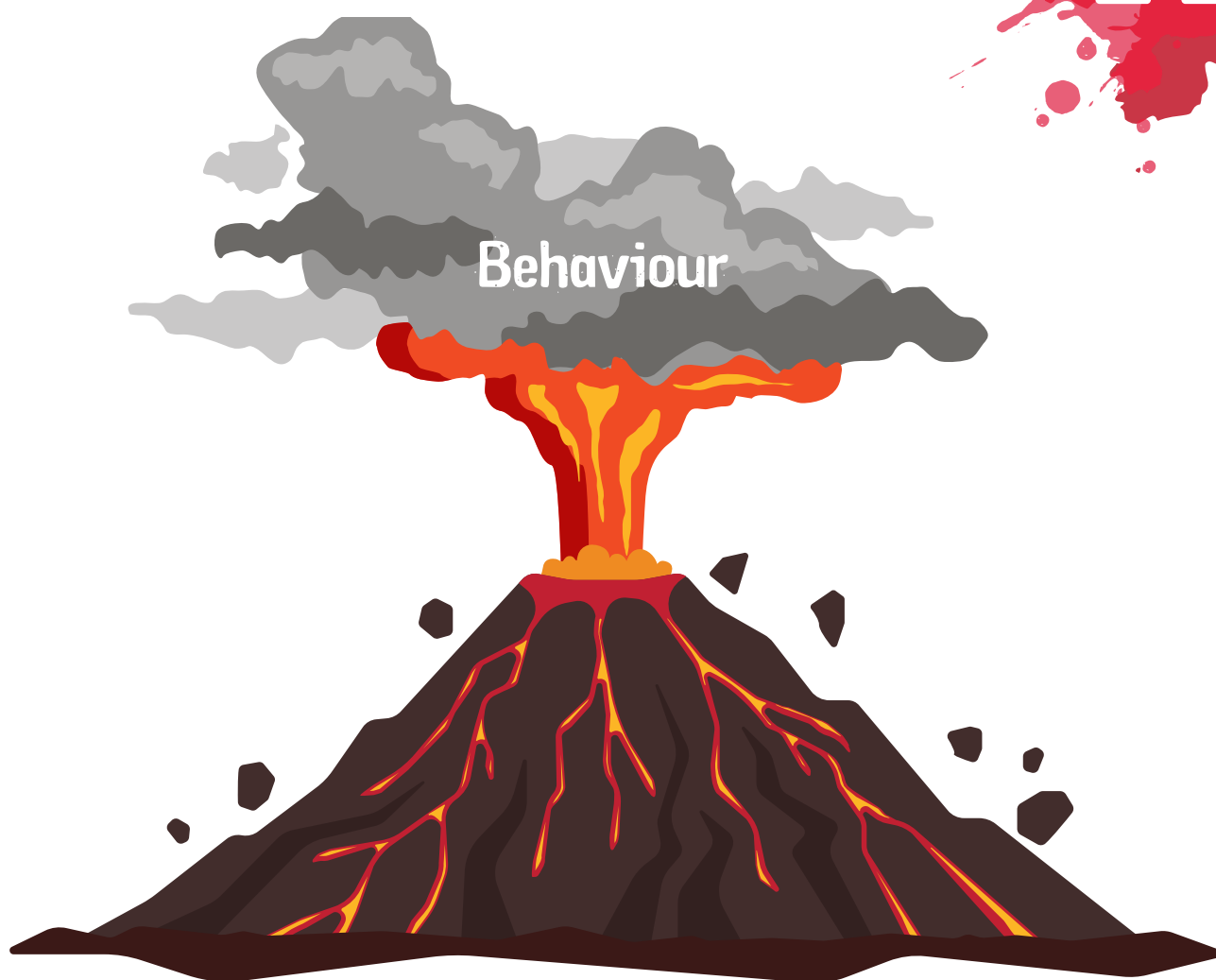
Volcano



Adolescent

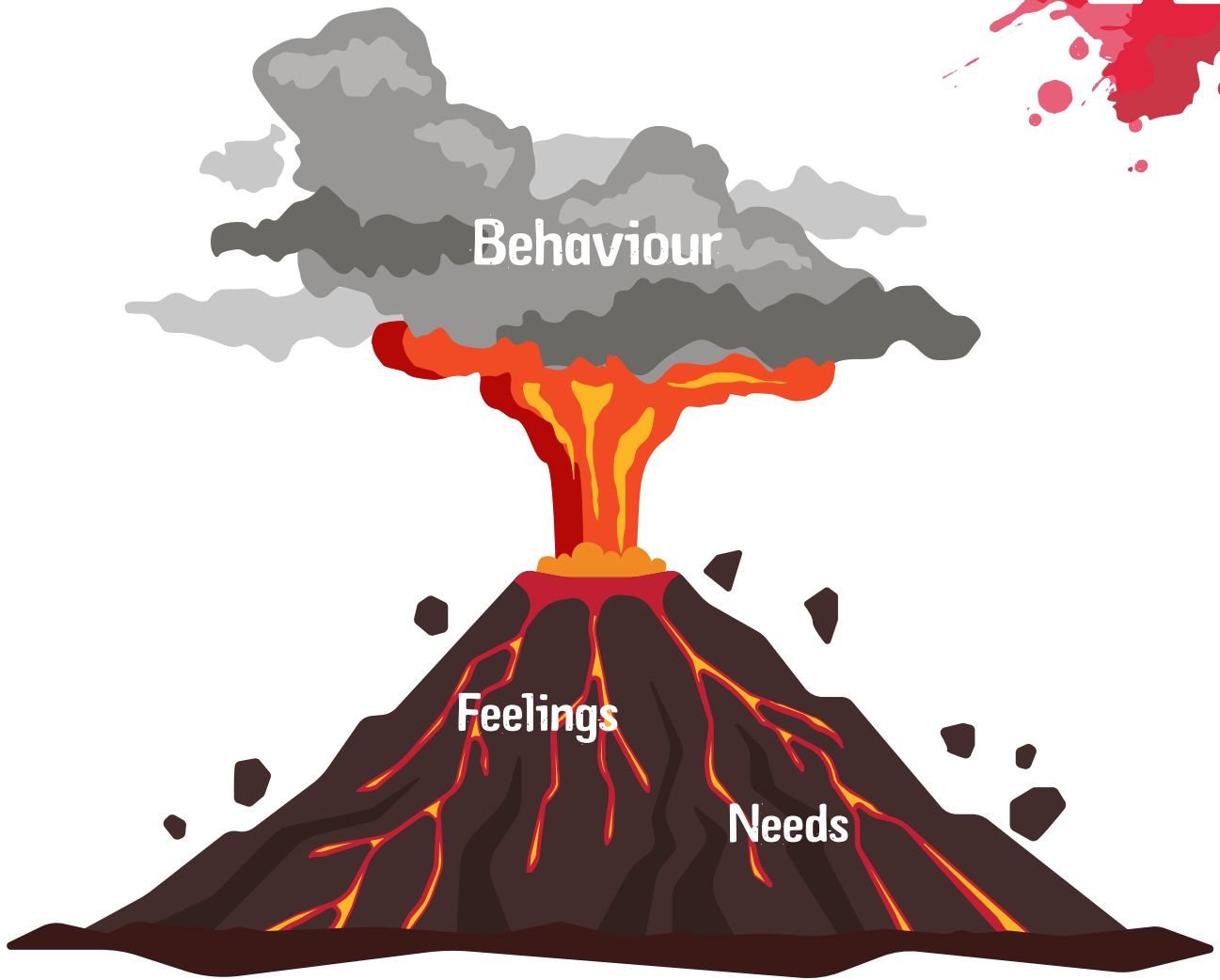
- | | |
|--|--|
| <ul style="list-style-type: none"> ● It is not easy to predict from the outside, when it is going to reach the explosion point. | <ul style="list-style-type: none"> ● Sometimes my adolescent asks questions or talks about issues and I do not know where he got these from. |
| <ul style="list-style-type: none"> ● To be safe, you just need to be alert and evaluate. | <ul style="list-style-type: none"> ● Recently, I feel like I no longer know parts of my child; He looks and feels like a stranger. |
| <ul style="list-style-type: none"> ● Volcanic eruptions can have short and long-term effects on the surrounding climate and environment. | <ul style="list-style-type: none"> ● My adolescent has a different mood every day and the moods can change without much warning! |
| <ul style="list-style-type: none"> ● Lava eruption leaves fresh material on the surface and slope of the volcano. | <ul style="list-style-type: none"> ● Sometimes it feels impossible to understand my adolescent and what affects them and causes their reactions. |
| <ul style="list-style-type: none"> ● During the activity of a volcano, the appearance and functional structure of that part of the earth may change completely. | <ul style="list-style-type: none"> ● Living with an adolescent in the family has a great impact on the family process, interactions and relaxation. |
| <ul style="list-style-type: none"> ● Between eruptions there can be lots of rumblings inside the volcano, sometimes some steam escapes. | <ul style="list-style-type: none"> ● I am just beginning to understand my adolescent's moods and temperament before a reactive kind of behaviour. This helps me to better take care of them and myself. |

The Volcano



Behaviour

The Volcano



Blank Volcanoes



Partially Completed Volcanoes



My adolescent does that
because they are feeling...
What they need is...



My adolescent does that
because they are feeling...
What they need is...



My adolescent does that
because they are feeling...
What they need is...



My adolescent does that
because they are feeling...
What they need is...



My adolescent does that
because they are feeling...
What they need is...



My adolescent does that
because they are feeling...
What they need is...

Completed Volcanoes

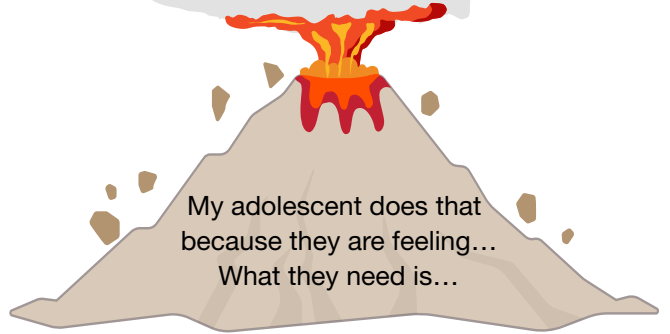


Yells at parent with an angry facial expression



My adolescent does that because they are feeling...
What they need is...

Ignores everyone at the family dinner while engaged on their phone



My adolescent does that because they are feeling...
What they need is...

Refuses to go to school



My adolescent does that because they are feeling...
What they need is...

Steals perfume from shops/mum



My adolescent does that because they are feeling...
What they need is...

Comes out dressed in a revealing outfit with two new piercings



My adolescent does that because they are feeling...
What they need is...

Never at home, always off hanging out with their friends



My adolescent does that because they are feeling...
What they need is...