



Mission

Aletheia (ah-LAY-thee-uh), which means “truth” in Greek, is a student outreach publication that strives to provide a voice for all students at Lynbrook High School. Inspired by Los Gatos High’s *Reality Check* and Monta Vista’s *Verdadera*, *Aletheia* was created to facilitate communication and overcome stigmas concerning prevalent and taboo issues within the Lynbrook community.

About

At the beginning of the school year, the *Aletheia* staff designates a list of monthly topics pertaining to the realities of high school. Each issue comprises of first-hand experiences submitted anonymously by Lynbrook students and alumni, professional articles relating to that month’s theme, and resources compiled by the student staff. Finalized newsletters are uploaded online and emailed to Lynbrook families who have requested to be on the mailing list. Back issues can be found on our website, www.lhsaletheia.org, under Archives.

The content in *Aletheia* is composed by the students of Lynbrook High School in San Jose, California. Ideas and opinions expressed within the publication are not necessarily reflected by members of the school administration or faculty.

This is the second issue of *Aletheia* for the 2013-14 school year.

Submissions

All Lynbrook students and alumni are eligible to submit stories. We publish all submissions that adhere to our guidelines, which are posted on the website. The *Aletheia* staff is committed to preserving the integrity of your content and will not make any changes, with exception to certain profanity (which are asterisked-out) and basic spelling errors. We do not edit stories for grammar or syntax.

Our December topic is Regrets; stories are due by November 16th. If you are interested in contributing, a submission box and a suggestion form for future topics are both available online.

*Expressing what
remains unspoken.*

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For the average teenage girl, you have to fit in into a crowd as much as you need to fit in a pair of sexy jeans. It has to look good on you, flattering you at all angles, and making you feel beautiful. I think it's harder on girls, because they're much more judgmental. If I'm not saying guys don't judge, just that they don't judge as much. I'm totally not disregarding the male instinct to fit in, just highlighting more on the female's. Girls will notice if you're sporting a new pimple. Girls will notice if you're NOT, however, sporting designer clothes. Most people think "fitting in" is synonymous to "being liked". Yes and no. Fitting in will make you liked by the people who you are letting control your decisions, looks, relationships, and everything in between. Fitting in will also make you come off as kinda a bitch to the people you used to know, or rather, the people you left. So fitting in to one puzzle kind of steals a piece of you away from all the other ones. Instead of thinking what you're making of yourself, think of what you're breaking.

"Humanity has advanced, when it has advanced, not because it has been sober, responsible, and cautious, but because it has been playful, rebellious, and immature."

-Tom Robbins

Damn. Rebellion. Rebellion is one of those things that you could possibly do anything and still call it rebelling. It isn't only centered around not doing what you are told or ditching class. A lot of people use the word so vaguely like "Oh, I wore crocs to school, i'm such a rebel" Like are you really though? Are you really a rebel? I honestly feel like at this point in life where I have so much to lose, rebellion isn't an option. I can't rebel against school, homework, hard-ass math exams, or being on JV. The struggles I go through. The only way to discipline yourself is by saying that if you don't do this, you won't get into college, and you will end up living on the street. The act of rebellion is significant because it could lead to better greater things, but in this day, especially at our school, the most rebellion you can portray is wearing stripes on stripes.

"A little rebellion is a good thing."

-Thomas Jefferson

I feel like I'm rebelling against the typical "Asian stereotype" that people stick on me whenever they see me because I'm Asian. I'm not going to focus on Math/Science in college, I'm not aiming to be a doctor or engineer in the future (unless if things change--which they constantly do), and my parents don't push me to get A's in every class and have a fully-packed resume to look good on college apps. That's rebellion, too, right? Rebellion against stereotypes?

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How does one define rebellion? Is it the clinking of beer bottles at 3AM? Or a stuffy car filled with curling smoke? Or even sliding open a window at the dead of night to share a night of sex while your parents slumber on the other side of the wall? I've enjoyed all these things. And much more. Honestly, I believe that a little rebellion is healthy. It's all part of growing up and gaining independence. F*** anyone who tells you that you have to act a certain way or follow their oppressive rules. Stay rebellious and never get caught.

"So few want to be rebels anymore. And out of those few, most, like myself, scare easily."

-Ray Bradbury

I am not a rebellious person. In fact, it might be said that I have somewhat of an inferiority complex, at least regarding adults. Adults, in my life, have always been wiser, more experienced, more knowledgeable. And maybe that's the way that it should be, because they've lived more of a life than I have. But it becomes so painful at times. There was one time where I stood, to speak about a task under my jurisdiction. An adult asked me a question, and I stopped in my tracks. I

froze. What was I supposed to say, to someone so much more experienced than me? Never did I doubt that what they might have been saying was not accusatory, or even remotely complex. And yet I felt crippled, under the pressure of several atmospheres, and I could not speak again. I think this is a problem. I do not promote open rebellion. I believe that chaos begets terror and the disparity in opinions between different people becomes a chasm in which both sides fall. But it is even more terrifying to lack the right to rebel, to be so crippled by fear that you become the opinions of someone else. Not you. I live in a glass box, peering outwards. I'm always unsure if the warped image I see is reality. For me, obedience is the intrinsic reality of life. For me, those above are the elite enemy, from whom I can never run. This is my reality. Do not let it become yours.

It's both rebellion and conformity that attack you with success.

-Amy Tan

I followed the rules in high school. Honestly, I was so scared that if I even toed the boundary line, somehow my parents would find out. That's what the atmosphere was like at Lynbrook: parents hear things so quickly. So what would the consequences be if I rebelled? That was always something I was unsure of. Would it be as simple as a slap on the back of my hand and a stern "no"? Or would I be attending community college (though I hold nothing against this) and turning down my dream school since my parents would hold me hostage. Or worse, I didn't want my parents sending me off worried, standing by the phone every night waiting for my call to make sure everything was okay. Okay, so yes, it's human nature to rebel against rules. I did simple things, like sneak out at night to go play basketball with my neighbors and drink a lot of soda. Or sometimes I'd fake sickness just so I could be home alone all day. The little victories kept me going. So have they paid off? Yes, they have. I'm in college now using the "work hard, play hard" mentality. Learning the true meaning of hard work from my parents was definitely important, since I think I'm able to handle this all with more ease than other people. It's easy saying "no, I can't go out tonight I have a midterm in less than a week" since I had to do that a lot in high

school. But this time it's on my own terms! I am thankful I stayed in line and appreciate my parents more than ever now.

Rebellion is the only thing that keeps you alive!

-Marianne Faithfull

Rebellion against parental authority, especially, seems to be a pretty natural urge for most teenagers, and it makes sense. Once you hit a certain age, you develop an identity of your own. Naturally, this causes clashes with your parents because up until this point, you've been pretty okay with complying with them. Thing is, though, it happens even when things aren't that bad. Most of the big fights that I can remember having with my parents seem really, really freaking stupid now. After a while, you grow out of it. Your parents, rather than being an authority to lash at, become some of the strongest allies you'll ever have in your corner.

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Is rebellion necessary? For me, I feel it is. I'm not saying it is necessary for everyone, but the rebellious spirit seems to be a central part of my personality. I don't know why, but I think it is because I like to feel like I'm in control of my own decisions. In middle school, I went through some growing pains. I was jagged and distorted (I still am to an extent). I did not get along with my teachers at all! I had this personal vendetta against my English teacher. I don't exactly know why. The relationship was broken and I definitely regret treating her so poorly. She totally believed in the idea of tough love and her class wasn't the easiest. In that situation it would've been better to stay obedient. Now at Lynbrook, I've matured a bit. People aren't going to discredit you for being obedient. At an Agape meeting last week, the guest speaker told me obedience was a sign of power and strength because sometimes being a rebel is easier.

Creativity is the greatest rebellion in existence.

-Anonymous

Haha rebellion. I absolutely love that word; the way it bounces off the tongue and slips off your lips. The adrenaline filled emotion that you get when you think about it. The majority of people in my life don't know I rebel. How I'll head to a friend's house after school and smoke weed or get drunk during sporting events/ school dances. How I send out provocative snap chats to that boy my best friend told me specifically not to associate with. Things of that sort. That's because at school I am that innocent Asian girl that blends in with the crowd. People at school probably think my worst rebellion moment would be missing Sunday church one week. I'm not saying that this is easy. It's actually really difficult and took about an entire year to perfect. The people who do know about me ask why I do it, and how I got started. I think the reason I started rebelling is because of my bad family life. I grew up in a dysfunctional family. Screaming, violence, and alcohol abuse were nightly things for me, so at first I used alcohol as a way to get away. But now I do it because I love the rush I get from rebelling without getting caught. I feel invincible, untouchable, always one step in front of Ramirez and the authorities. My traces are erased, my school life is 100% separate, and I only trust those that I've known forever. I won't get caught.

Every act of rebellion expresses a nostalgia for innocence and an appeal to the essence of being.

-Albert Camus

There have been times where I wouldn't set foot into my house until around midnight, even on school nights. I was at that point in life where it seemed like everyone was trying to eat me alive, and I could no longer stay silent. My mother and I clashed a lot during the second semester of my junior year for many reasons. One reason was because of financial reasons. With an older sister in college and barely enough money to get through the month, the stress took her hard. I acknowledged the fact that she was stressed out and understood why she was; it just seemed like she was overreacting about everything, probably because she would always attack me when she was stressed. At first, I tried to turn the other cheek from this issue, but

it got to the point where she was taking advantage of my life, my feelings, my future, and I was angry. Another reason was about my future. It was already junior year and I didn't even know what I wanted to do in life anymore. She hella pressured me about it and it pissed me off that no matter what I did or try, should would never come through to support me, mostly because she thought that we couldn't afford it. I remember I had my whole summer planned out for me: hanging out with friends the first month of summer, then going off to UChicago for their summer program. All of that came to an end when my mom said she did not want to pay for my program anymore, because I did not get a big enough scholarship. It angered me so much; she was the one encouraging me to go through with the application process, yet she could not even send me to it. I remembered that all that resentment began to pile up more and more. With her drastic moods swings due to menopause and my ups and downs from puberty itself, we fought constantly, day and night. It got so bad that my sister even had to come nearly every weekend to make sure we did not kill each other. We began to disagree even more when my mom found out about my boyfriend, and how we spent the night one time by ourselves. I get why she would get angry about this, but I just felt so betrayed. She always told me she trusted me, but with this and everything else, I just felt wronged in every way. So I rebelled. I stopped trying in school, I went to my friends house every day for a week or two instead of coming home. I began to sneak out at night and go drinking, so that I would not feel numb anymore. All that crying and time wasted being sad felt such a waste; I no longer wanted to feel depressed because of issues that I could not even fix myself. I felt so alone and so suffocated by my whole life that I could not even confide in my best friends about it. I just felt so ashamed. But now that I look back, I am glad that I went through that stage of rebellion. Going through with it was total crap, but I learned a lot from my experience. I began to work part time and started managing my time better as well as becoming more patient with others. As of now though, I'm just kind of scared that I lost my sense of who I truly am through that rebellious stage.

Rebellion without truth is like spring in a bleak, arid desert.

-Khalil Gibran

I have pretty strong opinions on certain things, but I don't rebel that often. The only people I rebel against are my parents, and only in the things that don't really matter (to me). My mom is a perfectionist and a neat freak, and it pains her to see the piles and piles of clothes and other miscellaneous items covering my bed, desk, and closet each day. Although she tells me to clean it up (like every single day), frankly, I have more important things to do. I see her point, but since it is my room, which exists for my purposes, I don't see how messiness inhibits me from accomplishing these purposes. For me, rebelling is just for my personal efficiency. I think big-time rebellion is only worthwhile and significant if there's a cause/reason to rebel for. I'm sure a lot of people complain about an extraordinary amount of homework and first world stuff like that, but I don't see anything in Lynbrook that qualifies as something big enough to do a whole rebellion. We're pretty lucky, so things like bubbling YOLO on a scanner strikes me as...useless. As for staying obedient, well that's pretty easy for me lol. I guess it helps to see things from the other person's perspective...why they want me to do certain things and such, and I guess it makes me realize that they want me to do it for my own good. I'm part of this organization that's gone through some major changes lately (change of leadership), and the leaders tore down the old system and set the new one up without asking anyone for their opinions first. This heavily annoyed the people who had been part of the organization for a long time, so they stopped coming altogether. I don't like the new system either or the fact that they implemented it without warning us ahead of time, but I can see that they wanted it for some really good reasons to help us all. I still go.

To me it's really...it's so simple... that life should be lived on the edge of life. You have to exercise rebellion.

-Anonymous

Rebellion is good because through rebellion we created America. But in my life right now, I don't think rebellion is a big part of me because I don't ever have a full-blown rebellion because I honestly don't have the guts to do that. If I do rebel, I do small subtle acts that hint at what I don't like to the people doing those things. Staying obedient is pretty easy because you basically don't do anything. I think rebellion actually

takes a lot of effort and guts because you want to make a big impact. I wish I had the guts to make a big impact but I don't think having a rebellion is the way I want to do it.

Just being yourself, being who you are, is a successful rebellion.

-Anonymous

I think rebellion is a very significant and necessary part of our everyday lives. It doesn't have to be something as drastic as starting a civil war in Syria, but it still symbolizes the individual's independent will and gumption to think and act for him/herself. I think it's important to rebel against things we feel are wrong or unjust, whether it's something as trivial as getting grounded for something you didn't do, or something more serious like getting punished for something you never did. Personally, I've rebelled against teachers before when I've felt that their administrative decisions exceeded reason and fairness. For instance, back in middle school, I had an incredibly moody and generally bitchy teacher who would refuse to listen to reason when she was pissed off beyond rationality. And because of that, when she completely misinterpreted my comment out of context, she fumed and spat and gave me a disciplinary report for making a comment that was neither aimed at her, nor intended to be offensive in the slightest. Anyway, I mocked the report by writing "This is completely unnecessary and is an extreme measure." in the "Student Comments:" section, which I was perfectly allowed to do, mind you. In any case, that little blurb of contempt got me yet another disciplinary report, which I refused to show my parents until she sent an email to my dad. In hindsight, it might've not been the best move I could have made, but I do feel that I was perfectly justified in doing so. In any case, a justified act of rebellion against authority should be regarded as the most significant kind of rebellion, because it reveals that the higher-up(s) have gone sour and losing their right to govern or look over their subordinates.

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Everyone is different, whether they like it or not. Most people try to blend into the crowd to hide their differences. They see their difference as some-

thing shameful, something that they must hide. I, however, see my difference from the crowd as something that sets me apart. Rather than running from what makes me different, I embrace it. For that reason, I guess I'm often described as "weird." I don't usually agree with ideas that are popular with the crowd. In fact, I often openly go against it. Not because I think it's "cool" to be different, but because I don't want to be someone I'm not.

Originality is independence, not rebellion; it is sincerity, not antagonism.

-George Henry Lewes

Question everything, but never doubt everything. Choose your stance, and hold your ground, not neutral, yet still willing to understand. Open to change, but not taken to weak loyalty. It's something that seem self contradictory, and unreasonable, unrealistic. Stand Firm, Question, Stand in everyone's shoes, Understand, Stay Loyal, Be Open to Change, always Accept even if you don't Approve. It's all about being able to balance all of it, and understand the importance in each of them. Be confident and proud, yet know when humility and apology are in order. A world of clear cut lines and solid laws is a world that is a lie, but living a life where everything holds no material and hold no boundaries to differentiate is a lifeless life. Reach far enough to the left and you become the right, reach far enough to the right and you become the left. Is this a well thought out and planned submission? Was there a clear thesis and main point? No. This wasn't on the agenda. This was the floodgates opening. This is rebellion. Rebellion against the society that tries to make you conform, that subtly attempts to brainwash you from childhood with smiling teachers and sweets, companies that give you free gizmos so you'll buy their iPods and the oppressive Superego, and the in many ways disgusting primal ID that attempts to usurp you. It's all a lie. They'll encourage the individual, teach you about democracy, push you to make a change. Yet when the time comes that there is a rebellion, they'll always be on the other side. Not once was there a petition run by students that ever resulted in anything more than phone calls, forced apologies and instilling a feeling of guilt upon us for doing something that we had been taught to do, to attempt to make the world a better place. I tried twice to improve the government that we live in, school, once in fourth grade, with a

petition. Every one of us that signed it was identified and required to write an apology letter, only for asking that the teachers allow us to leave the lunch tables once we finish eating instead of being forced to watch the underclassmen playing as we sit without food or game to distract us. No, they'll teach us about a government, a government for the people, by the people. But the truth is that in school, the people are not the students, they're the people who pay the taxes, the parents. We, the students that live daily life in this government, school, have virtually no power, no role in the government. None of our words need to be heard seriously, and any of our words can be turned on us at any time. Even by those who swear not to tell, that promise confidentiality. The reality is that we're no more than serfs with no say. Don't Hug me, I'm Scared.

The thing worse than rebellion is the thing that causes rebellion.

-Frederick Douglass

My rebellion is very subtle, unnoticeable. I am the only one who feels as if I am rebelling, but no one around me cares what I do. I rebel against the rules which bother me: pertaining to what is acceptable on social media or what to wear or whatnot. But, no one really takes notice of what I do to rebel because rather than being over the top, I lean towards the other end of the spectrum. I made a pact with myself that I would never wear branded clothes. But what good did it do me? No one noticed my subpar fashion sense. I never stepped into certain stores, never bought certain clothes, but what did it do? Was I really different? Everyone was constantly on sites like Facebook. I decided not to log on often and not get caught up in social networking. No one noticed and I was just less connected with friends. I always felt like I was rebelling to be different. I thought I was on a different level as everyone else, not superior, just different. But, did anyone really care? I think I just lost through my rebellion. I never was able to prove anything to others and I was never satisfied at the end.

Learning is always rebellion... Every bit of new truth discovered is revolutionary to what was believed before.

-Margaret Lee Runbeck

Rebellion. As an athlete, it never really occurs to me to rebel. I work for numerous hours a week because I want it. I discipline myself by working hard for my goals. I understand some people rebel to make a statement about themselves. I do the opposite. I make a statement by being who I am.

~ ~ ~

When the word rebellion comes up, we often think of big acts of retaliation, and usually against our parents. Sometimes, though, the little things we are actually acts of rebellion against ourselves. When I cut my hair short, my mom wasn't thrilled, but she didn't go crazy. It was more about rebelling against myself. Rebelling against how I've been pushing my inner self down, and not truly being everything I could be. It was a simple act, but it showed that I had control over my life. I don't know. I guess rebellion against yourself is just trying to make sure your true identity doesn't sink into the folds of your tyrannical forged one.

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I am a licensed therapist working in private practice. I provide my clients with a safe and confidential counseling environment to talk about and explore issues. We can work together to help you gain a better understanding of your feelings and experiences and to give you the tools to improve your relationships.

I believe by exploring the patterns you experience and the systems in place in your life (e.g., the people you have in your life and the relationships you have with them), you will gain insight. And by raising your awareness you can make changes to improve your life.

I was really impressed by the curiosity and compassion of your Aletheia staff members and advisors and the honesty of those who submitted articles. Students at Lynbrook seem to have wonderful opportunities and resources. My hope for you is you can make the most of them!

Before reading this month's Aletheia entries, 'Rebellion' seemed to be a straightforward topic about a range of behaviors aimed at making systemic change. Some submissions conveyed unhappiness with the writers' current situations at home, school, or with their peer groups. Writers gave details of breaking rules at home and at school, going against cultural expectations and stereotypes, opposing the perceived norm of 'the crowd,' and holding contempt for authority. Many of the entries shared the belief such behavior flies under the radar ("The majority of people in my life don't know I rebel" and "Stay rebellious and never get caught"). But if a teen sneaks out at night and no one knows, is it rebellion? My concern as a Marriage and Family Therapist is what some teens perceive to be rebellious behavior leads to negative feelings, damaged relationships and unintended consequences (e.g., unplanned pregnancies, STD's, self harm, chemical dependence, problems with the law, broken relationships and derailed futures). Rebellion should instead lead to more freedoms and independence.

In Western culture seeking and expressing independence is a norm for adolescents and thus some testing of limits, rules, and expectations is expected. Families in which parents and children are at different levels of acculturation have an additional challenge (e.g., "old" vs. "new" ways of being). The concern I have with the rebellious behaviors exemplified by many of the writers is: most behaviors would not result in positive changes to the writers' situations. For example,

"I always felt like I was rebelling to be different. I thought I was on a different level as everyone else, not superior, just different. But, did anyone really care? I think I just lost through my rebellion. I never was able to prove anything to others and was never satisfied at the end."

I am by no means saying that if teens ask nicely, their parents will let them do anything they want. But if teens engage parents in conversations about rules and increasing responsibility, parents will have the opportunity to explain their views, concerns, and limits and perhaps help change the situation. Today's teens can be part of the generation that ends the need for 'teen rebellion' because they can learn to hold productive discussions about what young people want and need. Conversely, engaging in behaviors that are disrespectful, risky, or dangerous may lead to loss of self respect, direction and independence.

The Problem

What brings teens and parents to my office for therapy is teens with emotional outbursts or self-injurious behaviors fueled by feelings of shame, anger, depression, resentment, fear, and hopelessness. This, along with poor communication. When one is unhappy and does not acknowledge or have a healthy outlet for their feelings, emotions can become more difficult to control. Loss of control over one's emotions can lead to acting out behaviors. When teens feel misunderstood and act out, parents feel out of control and become more controlling. The more teens act out, the more fearful parents become of their kids making poor decisions and narrowing or eliminating future opportunities. The problem begins to create itself: parents become controlling, teens act out more, more control, more acting out...

To Teens

Your growing ability to think analytically, understand the world around you, and to make decisions for and about yourself is key to knowing and becoming who you truly can be.

You can learn more about yourself and your family by finding out more about your parents:

- What was their adolescent experience?
- What were their high school days like?
- What pressures did they feel?
- What fears did they have?

- What did your grandparents want them to study and become?
- Are they happy (if happiness is what you are looking for)?
- What is behind their desire for you to become a professional?
- What do they hope for you in the future?

Knowing the answer to some of these questions may help you better understand your parents' view of the world and the resulting pressures they put on you to succeed. Asking these questions might pave the way for conversations about your interests, passions, ideas, and goals.

These years are the time to ask questions and to make observations, decisions, and choices. A number of you wrote that you are well aware that the choices you make now can impact your future. If you are acting out because you are upset with your parents' rules, consider better understanding why the rules are in place and talking with your parents about how you are demonstrating enough responsibility to warrant more flexibility in the rules. Then agree to live up to your part of the bargain.

For those of you who happen to have parents who are less than functional, perhaps alcohol, drugs, violence, abuse or other illegal or ineffective coping mechanisms rule your household. Though sometimes it might seem that you are destined to become your parent, you do have a choice about how you live. In order to undo what you have experienced it is important to make sense of the chaos, explore the meaning and impact of your parents' choices, and make the decision to be different. Therapy can help as can a number of self-help books and other community resources. There is no reason you cannot live a happy and healthy life despite your upbringing.

Is being a rebel easier (as one writer suggested)? If rebellious behaviors are self indulgent, without concern for possible consequences, prevent learning self-advocacy, and result in avoiding conversations with parents or others, then perhaps rebelling is easier than dealing with problems in the short term. But in the end, the consequences for the Rebel can be much more difficult to unravel and repair.

To Parents

Some parenting styles challenge open communication. If a parent has an authoritarian ("Do As I Say") style or permissive ("Do What You Want") style, teens might not be willing or able to discuss your rules. Authoritarian parents tend to have inflexible rules and permissive parents tend to have none. Adolescents of parents with authoritarian styles tend to have more defiant rebellious behaviors while adolescents of parents with permissive styles tend to have more attention-seeking behaviors. A third style of parenting is authoritative.

Authoritative parents support their children with clear rules and behavioral expectations. These parents are also open to discussion and explanation. An extension of this style is Collaborative Parenting, a technique discussed by Ross Greene, in which a parent openly discusses a child's behavior in a non-threatening way in order to help the child better understand and manage their feelings and responses. This helps the child learn to problem solve and make good choices. A positive outcome of adolescence is your child learning the skills they need to help themselves when they move away from home and/or go off to college. Unless you plan on following your child for the rest of their life, they need to explore their world now and learn to make well thought out decisions on their own.

Telling teens what to do, nagging them about things you want them to do, and pushing them to pursue a goal you have set for them might not be the most helpful way to go about supporting your child's growing independence. You can facilitate their growth by talking with your teen openly about their thoughts, concerns, and fears. Take time to reflect on your own past experience and while it is not necessary (or prudent) to give your child all of the details about your adolescence, you can most likely relate to your teen's experience. These commonalities will give you insight into their thinking and can guide you on how to best support your child through this challenging time.

Tools for Teens and Parents

In my office, the key skills I try to teach families are: 1) validating one another's feelings and, 2) communicating clearly. Not everyone may agree on the situation but they should take a moment to stand in each other's shoes.

Feelings

Take a moment to think about how people around you are feeling. To start a conversation or manage a heated discussion, you can help the other person feel validated and understood by reflecting on the feeling you think they may be experiencing. In doing so, the result is often that the other person calms down:

- "It seems like you might be getting angry."
- "It sounds like you might be disappointed."
- "I've noticed that you have been quiet lately and am wondering if you are feeling sad."

Communication

The use of "I Messages" can go a long way to expressing your feelings clearly and respectfully. An "I Message" contains a statement of feeling, a specific behavior, and a corrective behavior: "I feel [feeling word], when [behavior], so in the future [what you would like]."

- "I feel [upset, lonely, angry, lost,] when you don't listen to me. Please let me finish."
- "I feel [disappointed, let down, scared] when you are not where you tell me you're going. It's important you are honest with me when you go out."

If your relationship with your child has become unmanageable, if your child seems angry, depressed, or is engaging in self-injurious behavior, please contact a therapist for help. Your child's pediatrician, a trusted friend, or CAMFT (California Association of Marriage and Family Therapists) can recommend one. If your child becomes a danger to themselves or others, please call 9-1-1 or take your child to the nearest emergency room. The Suicide Prevention and Crisis line is 1-855-278-4204 (toll free).

Additional Resources for Parents

There is a resource section on my website, www.mary-cannon.com, and for this topic I specifically recommend:

- “Positive Discipline,” by Jane Nelsen, Ed.D
- “How to Talk so Kids will Listen & Listen So Kids Will Talk,” by Adele Faber & Elaine Mazlish
- “Free Range Kids, How to Raise Safe, Self-Reliant Children (Without Going Nuts with Worry),” by Lenore Skenazy. This book is summarized in my blog, “The Big One.”
- “Get Out of My Life, but First Could you Drive Me & Cheryl to the Mall: A Parent’s Guild to the New Teenager,” by Anthony E. Wolf
- “The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children,” by Ross W. Green. This book is summarized in my blog, “The Luckiest Parents”