

Public speaking, private consultations, self-help books & CDs covering sex therapy, parenting and self-development

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POWER AND PASSION



Dr Janet Hall's newsletter



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Dr Jan's Tips for Parents to Keep Your Teens from Going Off the Rails



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Chief Commissioner Nixon said that an aggressive, fearless and increasingly violent Generation Y is forcing police to rethink tactics and training as more people under 25 openly take on authority. "I think it's a generational issue. It is the Why - W-H-Y - Generation." Young men and women born after 1984 are increasingly using technology - SMS and the internet - to gather in numbers and intimidate police.

Ms Nixon's candid comments came days after she attacked a group of teenagers for their behaviour at a suburban house party which turned ugly as revellers hurled bottles at police. The confrontation escalated to the point that the air squad and the dog squad had to be called in to deal with up to 500 youngsters and ended with up to \$20,000 damage being done to police vehicles by the drunken teenagers.

Internet footage of the unrepentant young bleach-haired host quickly propelled him to worldwide notoriety - and stardom.

The Daily Telegraph said - "The poster boy for teenage stupidity is refusing to come home and face the music." It is obvious that HE MUST BE CRUSHED. His statements on national TV are nothing less than an INCITEMENT TO REBELLION.

Well I don't know about you, but rebellious teenagers have been around a long time.

Rather than sending them to damnation, let's think how to keep them from going off the rails.

How Can Parents Keep Their Kids on Track?

Encourage them to play sport. Fitness and exertion demand healthy lifestyles and playing team develops emotional bonding which builds self-esteem.

Be a good ROLE model! Do as you want them to do.
Eg. Drink responsibly.



Have fair RULES. Make them clear, discuss them and write them down.
Eg. No party without adult supervision.

REWARD good behaviour and cooperation. Money is a universal reward so give it for what you want – times of peace and NO DRAMA.
(It's not a bribe because you only give the money AFTER you get back from holidays to find the furniture is still intact)

RESTRICT their access to unsavoury people and potentially dangerous public events.

TEACH your kids about “pack mentality” and the terror of crowd violence (find some examples in the news or in movies where people are crushed to death!)

LEARN about the technology they are growing up with and monitor their use of it. Who is paying for it after all?

LOVE THEM! Tell them every day “I Love YOU”.

Hot Tip

Dr Jan's book “[Fight-free Families](#)” has terrific strategies for coaching cooperative kids and teens.

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