

Procrastination



Did you know?

- One of student's biggest excuses for not doing what they need to do is, "I don't have enough time"
- Many students are procrastinators. They put things off until the last possible minute, or they don't do it at all.
- Teens will learn some responsibilities from parents by watching! - *Rarely by listening.*

Simple behaviors can help to instill a greater sense of responsibility in teens:

- Set and stick to appropriate rules for their age.
- Enforce consistent, appropriate, related consequences.
- Encourage, support, help them to plan and develop goals!
- When students are goal oriented, they are more likely to say "no" to irresponsible behaviours.

The Parents Institute



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Why parents shouldn't "always" rescue teens from mistakes.

According to [Dr. Megan Gunnar](#), wrapping our teens in "bubble wrap" is the worst thing we can do to help them develop into competent, stress-resilient adults. Students need to have challenging experiences if they are going to be competent adults. What happens when we always save our students from the outcomes of their choices?

These are some of the detrimental effects:

- ⇒ They fear and avoid challenges instead of learning to face them
- ⇒ They miss great opportunities to learn about responsibility and problem solving skills
- ⇒ They miss the lesson that his/her actions have consequences
- ⇒ They miss the opportunity of balancing protective factors against risk factors

When should teens be rescued? When should they take responsibility for their own actions?

Because parents are a teen's most influential teacher, the very best place for them to learn to take responsibility for their own learning and behaviour is right at home. Parents can help teens take responsibility for what they do by not letting them "off the hook". Don't let your teen make excuses for their behaviour.

Talk about how their choices have consequences and let them experience the consequences of their actions. If they forget their homework at home, for example, don't offer to drive it to school for them. Set appropriate consequences at home for inappropriate behaviour at school. A teen who gets in a fight at school may not be allowed to talk with friends over social media that week.

When teens take responsibility for their own actions they become more independent and develop the ability to separate from unhealthy situations and people. They become more resilient, which in turn leads to more positive results in the young person's life such as better mental and physical health, leadership skills and success at school.

Article Source: AHS and The Parents Institute

Parenting Strategies on Ted Talk

Julie Lythcott-Haims is the former Dean of Freshmen at Stanford. She says in her Ted Talk video, [How to raise successful kids—without over-parenting](#), that parents should focus on providing unconditional love.

Andrew Soloman is a writer on politics, culture, and psychology. In his Ted Talk video, [Love, no matter what](#), he asks: What's the line between unconditional love and unconditional acceptance?

Jennifer Senior explores why [For parents, happiness is a very high bar](#). In her Ted Talk video she asks why is parenthood filled with so much anxiety?



FOR MORE INFORMATION CHECK OUT:

Online Search Ideas: [Goal Setting](#), [Types of Recreation and Leisure Activities](#), [Parenting Strategies](#)

Simple Connections Stronger Kids: [Alberta Health Services](#)

Sharing the Brain Story: [Alberta Family Wellness](#)

Fort Saskatchewan: [Family & Community Support Services](#):

Teaching teens responsibility for their behaviour: [Parent Institute](#)

13 Things Mentally Strong Parents Don't Do: [Psychology Today](#)

My Health Alberta: [Tips for Parents of Teens](#)



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