



## COACHING EXERCISE!

One of the complaints we hear most is about parents who cannot get their child away from video games or other technology. The chemical rewards for those activities is very high, so everything else in life seems unappealing when that is all they do.

Most parents default punishment for poor test scores or defiant behavior is to take tech away. The theory is that removing technology gives them “extra time” to study. This method does work, but delaying gratification actually amps up the reward that comes when they are allowed to play/text again.

We are among many others who suggest adolescents “earn” their tech time with **other-focused behaviors**. For example: “Thank you for your service” letters to troops stationed overseas might earn 10 minutes of video time per letter. You could match minute for minute of coaching a younger sibling or struggling teammate at the batting cage. Let your teen pick the type of other-centered activity that’s most appealing, and strike a bargain on what it “earns” so you both agree its fair. Be willing to adjust if they find the activity is unpleasant.

Not only will this make them better prepared to have a job later, but it will foster social skills and deter self-absorption. PLUS it provides many new opportunities for their brain to create new neural connections and mature their pre-frontal cortex!



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## Positively Waiting! 5.0

THE COUNTERACTIVE PHASE

MAR. 2018

### PLEASE THANK THEM FOR STANDING UP TO THE BULLIES!

We had a victory in the fight to get the truth out!

The state of California decides how Sex Ed. will be taught. Even though many parents object to the material and/or how it is presented, their preferences are irrelevant. School districts may only choose from the “state approved” curricula. Public schools are *required* to use those agencies or present the approved curricula themselves. It’s not negotiable.

The **only** area where there is still some autonomy left is with the school principal. A principal can invite a speaker he or she feels is worth the student’s time.

They have to factor in whether the impact on the students is worth the cost of the presentation (lucky for them, **Positively Waiting** public school presentations are free of charge) and the potential backlash from activists who object to sexual self-control.

Sadly, most principals are bullied into declining our free offer. This happened recently at a school we have been invited to for 20 years. So we tried a new approach get the principal to reconsider. We sent letters, emails and petitions from parents and concerned adults, to convince him the community wanted **Positively Waiting** presentations to resume.





Your kids don't go to GHCHS...  
You don't live anywhere near GHCHS...  
Should you mail the postcard? YES!

## Here are 3 reasons to sign & mail the postcard

1. Because we pre-stamped them, so it costs you nothing!
2. Because you'd want *Positively Waiting* supporters to do the same for a school you care about.
3. Because getting a LOT of *Thank You* postcards will help strengthen their resolve should they waver.

**Brian Bauer, the Executive Director at Granada Hills Charter High School** directed his administrative team to meet with us to find a creative solution. They asked for some small adjustments (none that violated our core values or message) and we were able to accommodate them.

**Yes, POSITIVE NEWS!! *PW presentations will resume!***

It took courage for this administration to stand up to the bullies. We want them to know we appreciate what they did. To do that, **[WE NEED YOUR HELP!!](#)**

1. Please sign YOUR NAME to the enclosed **pre-stamped postcard** and drop it in the mail to Director Bauer.
2. Then let us know you mailed it — either on the return insert (enclosed) or by email **[justask@positivelywaiting.com](mailto:justask@positivelywaiting.com)**.

So we can track how many he should receive.

We may try this approach with other schools where the administration has also been bullied, if this postcard crusade is effective. Thank you for your support!!



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**Did You Do This?! Wow! Thanks!**



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