

NEW eBook: Compilation of Coaching Tips

If you have received this newsletter for any length of time, you know that a regular feature is the "Coach's Corner" on the back. We try to offer conversation starters or exercises for parents to help with adolescent brain development.

In order to connect behaviors to their predictable consequences, a teen needs reward and repetition. Repetition to build a solid neural network and reward to make it a pleasant experience they will want to repeat.

Since that has been a regular feature for several years, we finally put them all together into an FREE ebook. You can download your copy from our website, www.PositivelyWaiting.com — go to "Book-N-Stuff" enter some info and get a link.

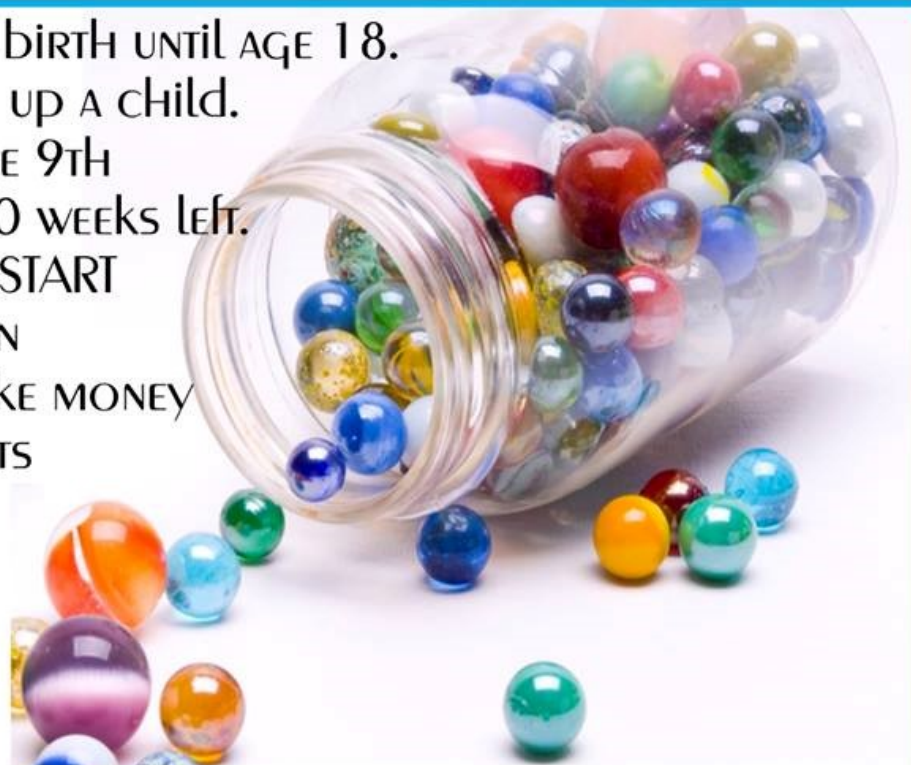
The objective is to get you and your teens regularly engaged in conversations that will help with brain maturation and self-control. Please don't put it off, thinking there will be time later, when they are interested in relationships, or when you detect there is sexual peer pressure.

First of all, by the time you become aware, they will have already been exposed to many points of view that may not



THERE ARE 936 WEEKS FROM BIRTH UNTIL AGE 18.
THAT'S ALL YOU HAVE TO TRAIN UP A CHILD.
WHEN YOUR CHILD ENTERS THE 9TH
GRADE, YOU HAVE ABOUT 200 WEEKS LEFT.
THIS IS OFTEN WHEN PARENTS START
TO TEACH THE SKILLS A PERSON
SHOULD HAVE AS AN ADULT. LIKE MONEY
MANAGEMENT AND THE BENEFITS
OF SEXUAL SELF-CONTROL.

LESS THAN 21% OF TOTAL
PARENTING TIME ON THE
SKILLS THEY NEED FOR LIFE.



reflect your values. The age at which children are exposed to some form of pornography is about 8 years old now.

Secondly, when your child IS interested in a relationship is the point at which YOUR voice will matter the least. Trying to begin directing conversations while your child is obsessing over someone, if pointless. It has to start long before they have an interest in order to override the powerful impulses that will be bouncing around in their head.

But those conversations don't have to have anything to do with "what goes where," or birth control, or the proper way to use a condom. As you will see from the Coaching Exercises, the dialogues you want to be having should be more along the lines of not using people for sex and what it takes for a relationship to work.

WE GOT YOUR DONATION! THANKS!

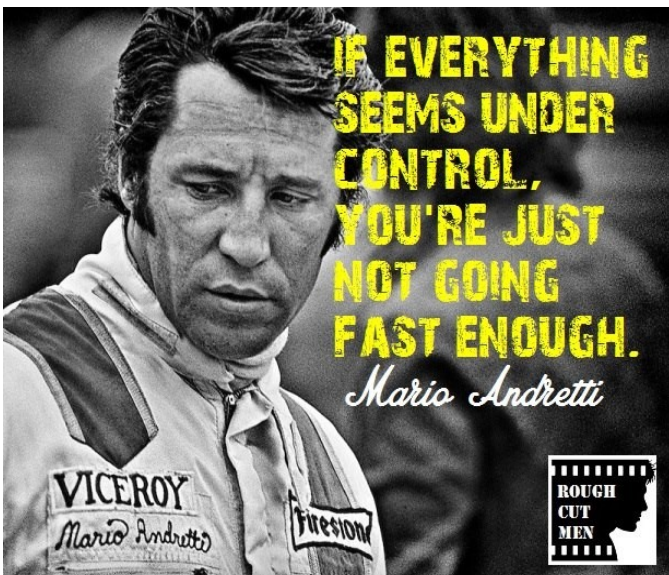


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CURRENT EVENT COACHING

In light of the new nomination to the Supreme Court, and all the conversations about what will happen to *Roe v. Wade* (the decision which legalized abortion in all 50 states), it presents a great opportunity for a coach.

Your teens have never known a time when abortion was NOT legal, so as a concept it is normalized in their culture. Typical adolescent responses to a friend's unexpected pregnancy are, "If you don't want it, you can get rid of it." As callous as that might sound to the ear, it is only because the emotional center of the brain is Command Central.

The teen brain has little capacity on its own to consider the nascent life inside the womb as a person who will have hopes and dreams, fears and friends, just like themselves. They can only conceive that their friend is in trouble and needs a quick way out.

But when they understand the consequences to their friend's decision to "get rid of it" might be depression, suicidal thoughts, nightmares, an inability to bond and substance abuse, it doesn't seem to be an "easy way out."

The symptoms I just described are the most common for sufferers of Post-Abortion Syndrome, which may affect as many as 3 out of 4 people who participate in an abortion decision. *[Note: Because most people lie about having an abortion, the numbers vary widely from 1 in 10 to 3 of 4. But either way, more than a million abortions are performed every year, so it's still a lot of people.]*

This month's exercise: Set up the hypothetical. *Your child's best friend is pregnant or has gotten someone pregnant, and has asked for your child's advice.* What do you want them to do? Role play the conversation, keeping it as REAL as possible.

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OR MARRIAGE RETREAT,**
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