

CAN WE TALK? YES, WE CAN!

Parents often tell us they struggle to engage their teens in conversations that don't turn into lectures or arguments. Below are 10 thought-provoking statements from Jordan Peterson, author of the bestseller, "**12 RULES FOR LIFE: An Antidote to Chaos.**" His books and podcasts are making common sense arguments which young people find appealing.

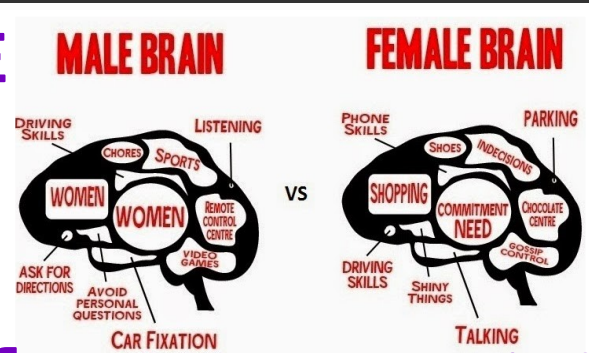
Pick a few, start a conversation with your teen and watch what happens.

1. Act so that you can tell the truth about how you act.
2. Pursue what is meaningful, not what is expedient.
3. Assume that the person you are listening to might know something you need to know. Listen to them hard enough so that they will share it with you.
4. Compare yourself to who you were yesterday, not to who someone else is today.
5. Work as hard as you possibly can on at least one thing and see what happens.
6. Treat yourself as if you were someone that you are responsible for helping.
7. Make friends with people who want the best for you.
8. Do not try to rescue someone who does not want to be rescued, and be very careful about rescuing someone who does.
9. Notice that opportunity lurks where responsibility has been abdicated.
10. Remember that what you do not yet know is more important than what you already know.

Jordan Peterson

SCIENCE PROVES SEXES

ARE DIFFERENT... AGAIN!



On June 25, 2018, *Science* magazine published an article announcing "There Is No Biological Difference Between Male And Female Brains." **AWKWARD!** Just one month later, (7/17/18) *Boston Globe* published new research outlining **MORE differences between the sexes.**

In particular, the before and after anatomical magnetic resonance imaging on women pre- and post-pregnancy, compared to women who had never been pregnant and men. This research discovered a **dramatic difference in the volume of gray matter** in post-natal female brains, particularly in the organ's social regions.

Jodi Pawluski, a researcher at University of Rennes 1 in France, was surprised at how much women's brains actually transform after having children. *Motherhood is one of the most significant biological events a woman has in her life.*

The flood of hormones during pregnancy, childbirth, and breast-feeding primes the brain for dramatic changes which enable a mother to multitask to meet baby's needs, help her to empathize with her infant's pain and emotions, and regulate how she responds to positive stimuli (such as baby's coo) or to perceived threats.

Some effects of those brain changes may moderate over time, but other effects linger, shaping the mother's brain well past their child-rearing years and even influencing her relationships with future grandchildren. Researchers found no change in gray matter makeup for fathers, indicating that women experience an **entirely unique biological change** when they become mothers.

Elseline Hoekzema, who studies pregnancy and the brain at Leiden University in the Netherlands, found the results surprising. "I've never seen anything like this in any of the data sets I've worked with... **I hadn't expected such remarkably robust findings and this degree of differentiation** "

IN CASE YOU MISSED IT: HERE'S A FREE E-BOOK!

Last month we announced our monthly "Coaching Tips" have been compiled together into an FREE ebook. You can download your copy from our website, under "Books-N-Stuff." Just enter some info and get a link.

The objective of all the practice exercises is to get you and your teens regularly engaged in conversations that will help with brain maturation and self-control.

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. The dialogues should be more along the lines of not using people for sex and what it takes for a relationship to work.

Please pass the link and the coaching exercises to other parents. The bigger your support group the more reinforcement your child will hear!



WE GOT YOUR DONATION! THANKS!

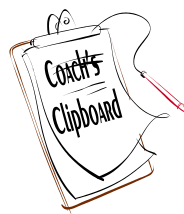


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Devil's Advocate

At a recent parent workshop in my friends Patti & Mark Halliday's living room, I had an interesting conversation with a mom. She has raised her sons in a Christian environment, instilling the biblical values she holds dear. She expressed some sorrow that the chance her sons would meet young women with similar values was small, "unless they went to a Christian college."

Playing devil's advocate, I said something like, "So the goal is that the young men you're training to resist using other people for sex will ideally never have contact with young women who are unaware her sexuality isn't her only value?"

To her great credit, this mom immediately saw how sheltering her son from what we might call "worldly women," meant removing one more person of influence who could demonstrate what it means to receive honor and dignity.

Don't get me wrong, I totally understand that mom's desire to make sure her son gets the wonderful life she has envisioned. But I know a LOT of *worldly* girls. Girls that never had anyone say she has an *intrinsic value*, which has nothing to do with what she does or how she looks. They have never met a boy with the strength of character who says, "I want you to be loved by someone who doesn't have to see you naked to appreciate you."

To be honest, most of the young men I know who COULD do it, usually retreat from aggressive females in fear, or they give in to their own sexual nature and take what she offers. It is a rare young man indeed who will challenge those sexually predatory girls to raise their standards.

As it happens, this mom is raising **that kind of boy**.

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