

You are Invited to the 3rd Annual Teen Esteem Fundraiser



Round Hill Country Club
3169 Round Hill Road, Alamo, CA

6:00 PM: Silent Auction/No Host Bar

7:30 PM: Dinner

Guest Speaker: Doug Herman

Nationally known speaker to thousands of students addresses the challenges and pressures our children face with humor and passion. Doug speaks passionately about the message of character and responsibility.

Live Auction

Dancing to Live Music by "The Convertibles"

Casual to Semi-Formal Attire

Cost: \$85.00 per person or \$680.00 for a table of 8 before March 3,
\$95.00 per person or \$760.00 for a table of 8 thereafter.

All proceeds from Don't Be Fooled will be used for Teen Esteem to expand student, parent and community outreach efforts, train speakers for classroom presentations; underwrite marketing materials and help fund school assemblies. Please check our web site at www.teenesteem.com after March 15 for auction items.

Please RSVP to:

Olivia Warnken
PO Box 435
Diablo, CA 94528

Questions should be directed to: Cissy Belson
at (925) 314-3012 or Olivia@teenesteem.com

Name: _____

Address: _____

Phone: _____

E-Mail Address: _____

Number of Persons: _____ Check #: _____

Visa/MC Card#: _____ Expiration Date: _____

Signature: _____



Letter From the Director



Linda Turnbull, Director of Teen Esteem

You won't want to miss our upcoming fundraiser on April 1, 2006 and the opportunity to hear Doug Herman. I have worked with Doug over the past six years and have been very moved by his commitment and passion for our youth and the issues they face. Teen Esteem brings Doug out from Colorado every year to speak at local school assemblies. He holds the attention of over 1500 students with his own personal story, his humor, and his passion. He speaks about respect and integrity; he encourages students to set the bar high regarding sex, alcohol and drug activity. Doug has the ability to grab the students' attention and get them to think about the risky behaviors they face, and how they may or may not be impacted by the choices they make. Many school administrators have stated that Doug has been one of the best guest speakers their school has had.

Doug received an e-mail from a student who attended his assembly at a high school in Livermore stating, "It was two years ago when I first heard your presentation. After I heard what you had to say, I thought about where my life was going and where I wanted to go. I thought about the teenagers who become pregnant and who contract STDs and I realized I didn't want to become another teen statistic. I was afraid of what would or could happen to me, so I chose the road less traveled these days."

We hope you and your friends attend our fun-filled event and hear an encouraging and beneficial message.

Tough Parenting



Dr. George Papageorge, Licensed Marriage and Family Therapist

This topic has a basic premise: The authentic and committed love of a parent is not based on popularity.

If the goal of parenting is popularity, then the process would only have short term "feel good" conversation. If the goal is care and guidance, our conversations would be mindful of both short term and long term issues.

I heard a quote that says, "Better are the wounds of a friend than the kisses of an enemy."

Our kids need us to live and model the stability of timeless values that are not meant to be trendy.

Now with all that said, let's be realistic. If my kids have the choice between highly processed junk food or highly healthy and fresh organic veggies... let's not be delusional in our

Tough Parenting Continued

expectations. Let's just decide here and now that we will not be shocked, shaming, preachy or appalled when our kids pass up the organic green stuff .

If we don't leave any room for the immaturity, silliness, and even the mistakes, we accidentally communicate that we have no room for them.

Let's not confuse the sharing of our values with rigid and inflexible communication.

Step 1 - Be courageous enough to be willing to share with our teenagers what they NEED TO HEAR.

Step 2 - Knowing what the heck we would say. This may be stating the obvious, but many family meetings have 'gone down in flames' due to a rambling mom or dad without a clear message. Let's note that most people, when feeling unsure on what to say either avoid topics of any substance or criticize someone else in the room. Neither is advised.

So let's do our homework. Let's ask around to our favorite people... other parents within our circle of friends, parents who have raised their kids, teachers, clergy, therapists, we can even talk to our own spouse... and ask them one question:

"If you could communicate only three things to your teenager, what would you choose to say?"

Here's a few DO's and Don't's

- 1- **DO NOT** let the important topics be spoken within a punitive context.
- 2- **DO** model genuine feelings regarding your teen's value.
- 3- **DO NOT** minimize the latest "drama" in their life... if you do, they disqualify you.
- 4- **DO** know what makes your teen feel GREAT about themselves, know what ruins their day.
- 5- **DO NOT** mix up teen "age appropriate" behaviors to mark the end of the world or your failure as a parent. Life happens in stages.
- 6- **DO** say more positive things to your teen than negative (Self control or medication may be necessary).
- 7- **DO NOT** let fear drive your parenting. Confidence in strong values never has to be delivered with fear or threats.
- 8- **DO** have a personal life. "Over parenting" is hazardous to everyone's health.
- 9- **DO NOT** forget that your job as a parent is sacred, needed, and will be appreciated one day!



Talking to Your Teens about What They Need to Hear, Not What They Want To Hear



Tim Barley, *Teen Esteem Speaker Support Team*

“Mom and Dad, thanks for all the things you are teaching me and all of the wise words you share with me. Thank you for your unconditional love and acceptance. You are the best parents ever and I love you so much.”

Do you hear these words often from your teenager? Not likely!!! However, only after a child is out of the home does he admit what a powerful influence his parents were in his life during his teenage years. Therefore, it is essential that we, as adults in a youth’s life, recognize the importance of our job and maximize that influence.

At our last “Wake up and Smell the Coffee” informational breakfast I spoke on this issue with parents, educators, and community members. We addressed talking to our teens about what they need to hear not what they want to hear. Sometimes we think our kids want us to be their best friend. Our kids have peers that are their best friends. They need caring parents and other adults in their lives to talk to them about the truth in life. Some of us have made poor choices in our lives and may feel embarrassed about it. We may not want our kids knowing our mistakes and repeating them.

We may also be afraid that our kids won’t like us if we tell them “no” or we have a viewpoint that differs from theirs. All of these reasons are valid for not wanting to talk to our kids. But we have to!

Emily, one of the high school students that spoke at the breakfast, shared that she has a great relationship with her parents because they aren’t trying to be her friend. Her dad has played a key role in helping her to feel valued and secure. Her mom has helped her to learn how to respect herself and expect respect from others. She went on to say that her parents have expressed their love and support for

her emotionally, physically and spiritually. Here is the key... she even admitted that even though she doesn’t always listen to her parents or want to hear what they say, she still wants them to “speak into her life and push through the barriers she puts up.” Our kids want us to talk to them even if they act like they don’t.

Don’t retreat when they resist and don’t give up! We need to be that voice of right and wrong throughout their teen years. Encourage your teens by telling them that they are capable of making wise, healthy choices that will protect them today, prepare them for their futures, and prevent them from dragging unwanted and unnecessary baggage into their futures.

We believe that it’s never too late for change and there’s no better time to start building bridges with your kids than today. Talk to your kids about what they need to hear not what they want to hear. What a great gift of love!

Here are some practical ways to begin building bridges and opening the lines of communication with your kids.

- Listen to your kids
- Talk to other parents who you respect
- Get to know your kids’ friends
- Spend unstructured time with your kids
- Know where they are and who they’re with
- Share your past mistakes (when appropriate)
- Avoid lecturing
- Keep informed about your kids’ culture
- Model respectful behavior in the home
- Challenge your kids to expect others to treat them respectfully
- Don’t overreact
- Be consistent
- Set clear expectations
- Discuss the potential consequences of risky behavior
- Talk Short-Term
- Think Long-Term
- Expect your kids to be influenced by their peers
- Hang in There!

Volunteers Speak

Merrie Dillow, *Teen Esteem Speaker Support Team*



I have been asked “Why would anyone volunteer for Teen Esteem.” To think of standing in front of students, sometimes as early as 7:30 in the morning, to talk about sex, alcohol abuse, drugs and other teen health issues is well, just not a pleasant thought for some of us.

Well, Teen Esteem speakers are a unique bunch because we love the classroom and discovering what is going on in

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Check out our new website!!!

We are updating our records so please email us your name, address and email address at info@teenesteem.com

For future TE Speaking and Parent-Ed events go to www.teenesteem.com

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students' lives. We do not lecture about sex, drugs and alcohol. Instead our goal is educate students on these issues and empower them to make healthy choices that they will benefit from today and in the future. We encourage them to think about what is important for their physical and emotional well being. We talk about what they look for in a relationship and how they would and would not want to be treated. We ask if they have seen relationships change when sex became a part of the relationship and if so, how did it affect those involved. We discuss how often teens become sexually involved because they are under the influence of alcohol and/or drugs and later regret it. We examine the promotion of alcohol and sex in the media and how that impacts them and their culture.

In this, my third year of speaking, I find my time in the classroom to be exciting and look forward to each opportunity.

EQUIP EDUCATE EMPOWER

The goal of Teen Esteem is to equip, educate and empower teens, parents, educators and the community on issues related to teens and adolescent health.



TEEN ESTEEM

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- Monthly support in the amount of _____

Form of Payment: Check (Please make checks payable to Teen Esteem)

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Card # _____ Exp. Date _____ Card Type _____

Concerning our mailing list, you may check the following:

- Please add me to you e-mail list. My e-mail address is _____
- Please remove my name from your mailing list

Please complete the information below and return this form with any donations to Teen Esteem at P.O. Box 966, Danville, CA 94526

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