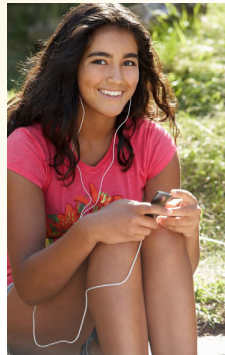




Summer SURVIVAL GUIDE



YOUR Teen
for parents

 NORTHWATERS
Wilderness Program



No Honey, You Can't Watch TV All Summer

By Rebecca Borison

School's out for summer, and your teen heads straight for the TV, where she seems intent to stay for the next few months. Should you rush to intercept? Stash the TV in a closet? Throw your teenager some ultimatums?

None of the above. Instead, use these guidelines to help your teenager transition from school to (a productive) summer, courtesy of parenting expert, Jennifer Chung.

Week 1 – Relax (mostly). “A week is the perfect amount of time for summer decompression,” Chung says. “Have a discussion with your teen and agree to certain terms to make sure that he isn’t doing literally nothing for the whole week.” Enlist his help with chores and other tasks, but allow for plenty of free time, too.

Week 2 and Beyond – Get off the couch. After your teenager’s week of not doing much is up, help him find some meaningful way to spend the summer. Try some of Chung’s ideas:

- If your teenager is struggling academically, summer can be a great time to brush up on skills or get extra help. Make sure it’s not more than a few hours a week (it is summer, after all), and offer an incentive to sweeten the deal.
- Encourage your teen to pick up some extra cash with a summer job. It doesn’t need to be something fancy – babysitting or lawn mowing are perfect ways for your teen to spend the summer. Camp counseling is another option.

- Suggest volunteering as a way to explore an interest and knock off some of your high school’s volunteer requirement.

- On top of all that, schedule activities that get your teen out of the house, whether it’s going to the pool or playing baseball.

“Work together to plan out the summer before school even ends,” Chung recommends. “Get your teen excited about new challenges and opportunities over the summer, as it will help curb the ‘lazy teen syndrome’ before it even starts. We all need time to decompress now and then, but teens can perpetuate it if they are not motivated to do something else.”





Tips for First-Time Job Seekers

By Darrell Doepke

"I keep applying for jobs, but I never hear back from anybody." Sound familiar? It's a common refrain. The fact is, the vast majority of first-time job hunters will be weeded out long before they ever get face-to-face with a decision maker.

And, they'll never know why.

I'm a small business owner, and over the years, I've received several thousands of applications from teenagers, most of which go straight into the garbage can. Here are five ways to help your teenager stay out of the "No" pile:

1. Apply Completely. The job application is not simply a means of gathering basic information; it's also a tool to see if the applicant can pay attention to details and follow instructions. Your teen should complete each section, spell check and edit for readability. If a question does not apply, mark it as "N/A" instead of just leaving it blank. Tons of teens get eliminated right off the bat because they don't bother to complete the application.

2. Respond Promptly. If a potential employer emails your teen or leaves a voice message, make sure he responds right away. I can't tell you how many applicants lose out because it took them as long as two weeks to respond. Two days is sometimes too late.

3. Anticipate Questions. Ask your teen some questions she might get during a "phone interview," and have her practice the answers out loud. Verbalizing answers is a much more effective way

to prepare. Here are some sample questions: How often are you late for class? If I called your teachers, what would they say about you? What chores do you do at home? What hobbies or interests do you have?

4. Differentiate Yourself. What makes your teen stand out, even if just a tiny bit, from everyone else? Does he play an instrument? Speak a foreign language? Volunteer? Did she win an award? To employers, those things demonstrate commitment, diligence and focus—all positive qualities.

5. Sound Alive. The purpose of a phone call is often to check someone's verbal skills. I want to hear how an applicant sounds because that's how he or she will sound to my customers. Will your teen sound polite, courteous and mature? Energetic? Or, half asleep and unmotivated? I'll typically decide on someone's potential in the first minute or two.

Understanding the weeding-out process is the first step in helping teens survive the interview. Practice with your teens, and they can gain a critical edge over their competition.

Darrell Doepke is a multi-small business owner and author of *The Part-Timer Primer: A Teen's Guide to Surviving the Hiring Process and Landing That First Job*. To learn more, visit PartTimerPrimer.com.



Summer and Sleep

By Diana Simeon

School's out for summer, which for many teenagers means staying up late and sleeping in.

And to some extent that's appropriate, says Sasha Carr, Ph.D., a certified sleep consultant with the Family Sleep Institute and founder of Off to Dreamland.

"So many teenagers are sleep deprived because school starts so early," explains Carr. "So during the summer, it makes perfect sense for teenagers to stay up later, sleep in more and have a schedule that is more suited to them biologically."

But that doesn't mean all bets are off.

"Yes, loosen the schedule and allow everything to go later, but not crazy later," advises Carr. "Not two a.m. in the morning."

Here are Carr's tips for summer, sleep and teenagers:

1. Adjust the time your teenager heads to bed, but not by more than 90 minutes to two hours. "You're saying, 'I recognize it's summer and you can take it easy and stay up a little later and get up a little later,'" says Carr. "But if your teenager gets used to sleeping a lot later and getting up a lot later, he or she will be so miserable in the fall." Also, if your teenager has to be up early, then take that into account when deciding when it's lights out.

2. Remember that the light emitted by electronic devices inhibits the secretion of melatonin, which is the chemical that regulates our sleep-wake cycle. This interferes with our ability to get to sleep, so it's important for everyone to stop using electronics

30 to 45 minutes before retiring – and to keep electronics out of the bedroom. "Have a household rule about parents and teenagers powering down at a certain time," recommends Carr. "If it's nine during the school year, then make it 10 or 10:30 during the summer."

3. Plan now for the last two-to-three weeks of summer to include activities that get teenagers up and out in the morning. This will help ease the transition back to more of a school-like schedule, says Carr. "Try scheduling something at the end of the summer, so it's built in and you're not having to impose it yourself. It could be a sports camp or volunteer activity or even just a family vacation that involves a lot of activities in the morning."





Drugs, Alcohol and Summer

By Sandra Gordon

For many teenagers, summer means staying up late and hanging out with friends. And, yes, this can also mean experimenting with drugs and alcohol.



If you're thinking, "Well, not my teenager," it may be time to reconsider. According to a recent University of Michigan poll, while only 10 percent of parents of teenagers believe that their teenager used alcohol or marijuana in the last year, teenagers report a different story. In the study, Twenty-eight percent of 10th graders reported using marijuana and 52 percent of 10th graders reported drinking alcohol.

"The recreational use of substances consistently starts in adolescence, rising about halfway through middle school and peaking around the end of high school," says Adi Jaffe, Ph.D., director of Alternatives Addiction Treatment, in Beverly Hills, California. So, what to do? Start talking. "Like sex, parents need to have specific conversations about drug and alcohol use," Jaffe says.

1. It's Not About You. "Don't glorify your own substance use," says Jaffe. In other words, don't say something like, "I used to have so much fun drinking back when I was your age." Instead, take a prevention approach and aim to discourage experimenting. Times have changed. For one, marijuana is far more concentrated than what you might have smoked in high school. Be straight with your teen and say, "I'd prefer you not use these substances," says J. Wesley Boyd, M.D., Ph.D., a Harvard Medical School psychiatrist in Boston and author of *Almost Addicted*. Throw in the fact that drugs and underage drinking are illegal and "all things considered, teens should not be using these substances," Dr. Boyd says.

2. Keep Tabs. Once you've taken a stand, monitor your teen: know who he or she is hanging out with and where. "It's okay to be that uncool parent," Dr. Rome says. "It's

fair game, for example, to call the parents of your teenager's friend and ask if they'll be home when your teenager is over and to ask them their view on alcohol and drugs." If the parents say they'll just take away everyone's keys if the kids drink, don't let your teenager hang out at that friend's house. "Keep supervising your child through high school," Dr. Rome says.

3. Be Available. Also, look for opportunities to keep the conversation going as nonjudgmentally as you can. Before your teen attends a party, for example, ask, "What are you going to do when people start drinking or smoking pot?" "Discuss it as a problem that needs to be solved," Dr. Boyd says. Encourage your teen to call or text you anytime she's uncomfortable, which could even mean that she's drunk. Having a code word or phrase to signal, "Things are not okay here," can help your teen communicate with you unbeknownst to her peers. "One family I know used the name of the family dog. When their teen girls texted, 'I'm really worried about Lucky,' that was the cue to come pick them up," Dr. Rome says.

4. When to Worry. Trying alcohol once or twice or smoking marijuana several times doesn't necessarily warrant a professional evaluation or sending your teenager to treatment. But, weekly use of marijuana or alcohol does. So does the single use of opiate pain medication, heroin or methamphetamines because those substances are highly addictive. If you're getting signals that your teen may have a problem – maybe you smell alcohol on her breath regularly – "ask her how frequently she's using and what the experience is like," Dr. Boyd says. If your radar is still on after talking to your teen, ask your pediatrician for a referral to a mental health professional who specializes in adolescent substance abuse. Otherwise, contact an adolescent drug treatment program in your area as quickly as possible.

SURVIVAL GUIDE

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your Teen
for parents



Tips for Traveling With Teens

by Diana Rowe Crawley

It's no secret that traveling builds family memories, and with a teen on board, your family vacation doesn't have to be all attitudes and eye rolling. Consider the following tips to get your teens excited to travel with the family.

1. Plan your vacation together. Before building the perfect family vacation, bring everyone together, including your teens, and sit down with your travel agent. It's their vacation too! Maybe they have a destination or activity in mind. Your teen will be less inclined to be disagreeable if she is also included in the planning.

2. Don't overbook! It's called vacation for a reason. Overbooking the schedule makes everyone grumpy.

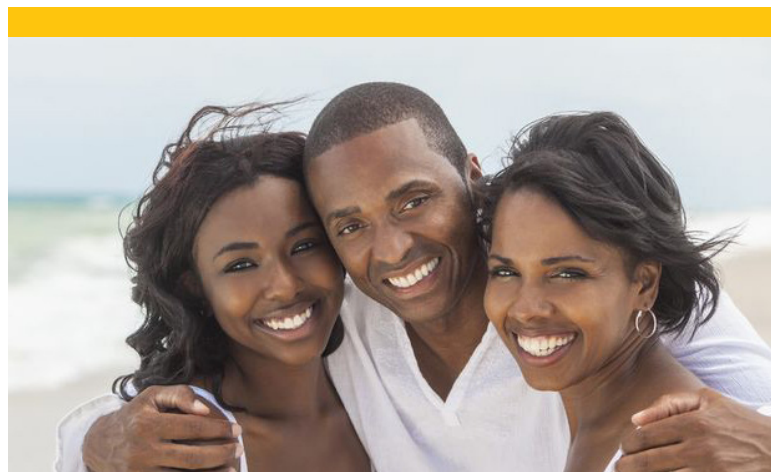
3. Bend the house rules. If your teens want to eat dessert first, let them. It's okay if they don't make their bed or pick up their clothes. Grin and bear it during your vacation, and everyone will be happy.

4. Unplug and then re-plug. Before departing for vacation, clarify when your teen's electronic devices will not be welcome. But, also allow teens time to reconnect with their friends.

5. Allow free time. Remember, you are traveling with teens. It's okay to let go – a little – and let them wander off on their own. Maybe a walk on the beach, or a solo run down the slope.

Finally, relax and have fun! You only have so many vacation weeks remaining with your teen, so enjoy each moment!

Denver-based travel agent Diana Rowe Crawley owns Why Go Travel Agency and specializes in family travel. She also blogs at TravelingMom.com.





Summer Wilderness Experience

Northwaters Wilderness Experience

Resilience. Community. Confidence. Oh, and a lot of fun too. Just some of the ways to describe what teenagers gain by participating in a summer wilderness experience.

Jodi Browning, who runs the Northwaters Wilderness Program in Ontario, Canada, sees it every summer.

"Our favorite day is when the groups return and you see the transformation, from the nervous kids who showed up on the first day to these now tanned, muscled kids hopping out of their canoes with confidence," explains Browning.

Northwaters offers a three-week wilderness canoe-tripping camp for teenagers age 14 to 17 in Canada's Temagami Wilderness. "They are so full of poise and grace," Browning adds. "And they're exuding all this happiness from what they've accomplished."

Programs like Northwaters typically take teenagers into the wilderness – along with experienced counselors – for several weeks at a time. Teenagers become an integral part of the journey, not only responsible for helping the group get from point A to point B each day, but for setting up camp, cooking, and other key tasks.

"Each group decides how they are going to divide up the work that has to get done," explains Browning. "They support each other, but everybody has to show up and do their part."

"When they're put in these environments, where they are doing something they've never done before with people they only recently met, it doesn't take long to connect in deep ways," she adds. "You get to the heart of everybody. And it feels so good when you are a teenager and someone understands who you are."

For many teenagers, it reveals just what they're capable of. "It's really about personal growth," says Browning. "And finding that authentic self that sometimes gets lost in adolescence for whatever reason."

For more on Northwaters Wilderness Experience, visit the website at Northwaters.com.



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