

Partnership For Awareness

1613 Chelsea Road, Suite 154

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CHECK OUT OUR WEBSITE:
www.partnershipforawareness.org

From The President

Partnership for Awareness is a parent-student-community alliance serving the needs of parents and youth in our community. Thank you to those community members who support the mission of our organization. PfA offers support to the schools of San Marino with Red Ribbon Week (this year Oct. 24-30), and by supporting the San Marino School District's Healthy Choices program. The PfA website offers links to information sources for a variety of health issues that concern families. PfA is working toward establishing a resource center to provide valuable, confidential information to students and parents. PfA offers a Speaker Program that will include dynamic, engaging speakers to cover a variety of topics.

This year we are attempting to bring in some very special speakers, and we hope you will take the time to come hear them and participate in our programs. In an attempt to reach more of our community members, we will not be charging fees to attend these programs. We are excited to bring Dr. Wendy Mogel, nationally-renowned clinical psychologist, parent educator and school consultant to speak on December 8 @ 7:30 p.m. at the Huntington Middle School Auditorium. Dr. Mogel travels the country giving her popular presentation on how to meet the day-to-day challenge of raising self-reliant children.

Partnership for Awareness will also offer programs for parents and their children. On January 30, PfA will present Dr. Melissa Johnson and Dr. Lisa Blum who will offer a program for girls and their parents on "Cliques, Conflict and Connection: An Evening of Workshops for Parents and Girls on Friendship and Social Life." Dr. Johnson is the founder and president of the Institute for Girls' Development in Pasadena and Dr. Blum is a consultant at the Institute. This program will feature a presentation followed by small group sessions.

PfA also works to bring speakers directly to students. On March 2nd, Ross Szabo, Director of Youth Outreach for the National Mental Health Awareness Campaign (NMHAC) will speak to an assembly of high school students at San Marino High School. Ross uses his exceptional talent for speaking and

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YOU DON'T KNOW ME: Parenting Your Teenager

Charles Weinstein, Ph.D., A.B.P.P.

The conversation may follow these general lines: As a parent you make a statement to your teenager about how you think he or she may be feeling, or why he or she is acting a certain way. Your teenager will respond with "You don't know me." You respond with "But I want to know you. Let's talk." Your teenager curtly states "I don't want you to know me." You respond, "I don't think that is what you really mean. Let's talk." Your teenager abruptly walks away while saying "Just forget it."

After this exchange, as a parent, you may be left feeling frustrated, irritated, and possibly sad. On the one hand, it appears that your teenager is angry that you do not know her or him. On the other hand, he or she is pushing you away.

The teenage years present challenges for both teenagers and parents. Parents want to prepare their children for adulthood. Issues such as friendships, sex, drugs, alcohol, and academic demands weigh heavily on conversations between parents and teenagers. In addition, conversations relating to rules, curfews, and spending money seem to dominate interactions between parents and teens. At times, it feels as though the best a parent can hope for is a neutral interchange.

Regarding rules, some parents feel a pressure to impart values to their teens before they depart into young adulthood. Although well intended, this approach can lead to a negative tension between parents and teen. While teaching responsibility and setting appropriate boundaries are key aspects of parenting, so is keeping open communication. If your teen feels as though your only interaction with him or her revolves around rules and life lessons, he or she will quickly stop engaging with you.

So, as a parent, how do you strike a balance between exerting authority, being a teacher, and trying to keep a relationship with your teen? Here are a few ideas which may help:

1. Catch your teen doing well. Reinforce and praise the achievements, the kind and thoughtful actions, and the follow through with rules. In addition, encourage your teen to challenge himself or herself. If your teen does not succeed at some task, reinforce the courage and effort and talk about it as a learning lesson.
2. Clearly set your rules and expectations before taking any action. Do not punish unless your teen understood the consequences before hand. If the consequences were not clearly stated, state them after the incident and let your teen know that

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GET INVOLVED WITH PFA!

Partnership for Awareness is looking for concerned and energetic people with various skills to help us organize events like Red Ribbon Week, find articles, perform administrative duties, or help with the mailing of these newsletters. We meet during the year to share news and ideas that pertain to the mission statement of PFA.

If you are concerned about the welfare of our children and are looking for a way to help, please contact Partnership for Awareness President Janet Morgan at:

jmorgan007@aol.com

Parents as Role Models

Mona M. Delahooke, Ph.D.

Parenting has to be one of the most difficult jobs in the world. Even when you think you are doing right by your child, you might unknowingly be contributing to their stress. A case in point: We all want our kids to do well in school, and encouraging them to study and get top grades is a way to help them achieve their goals in life. However, when taken to an extreme, well intentioned parents may also contribute to a prevalent problem for young people today: perfectionism.

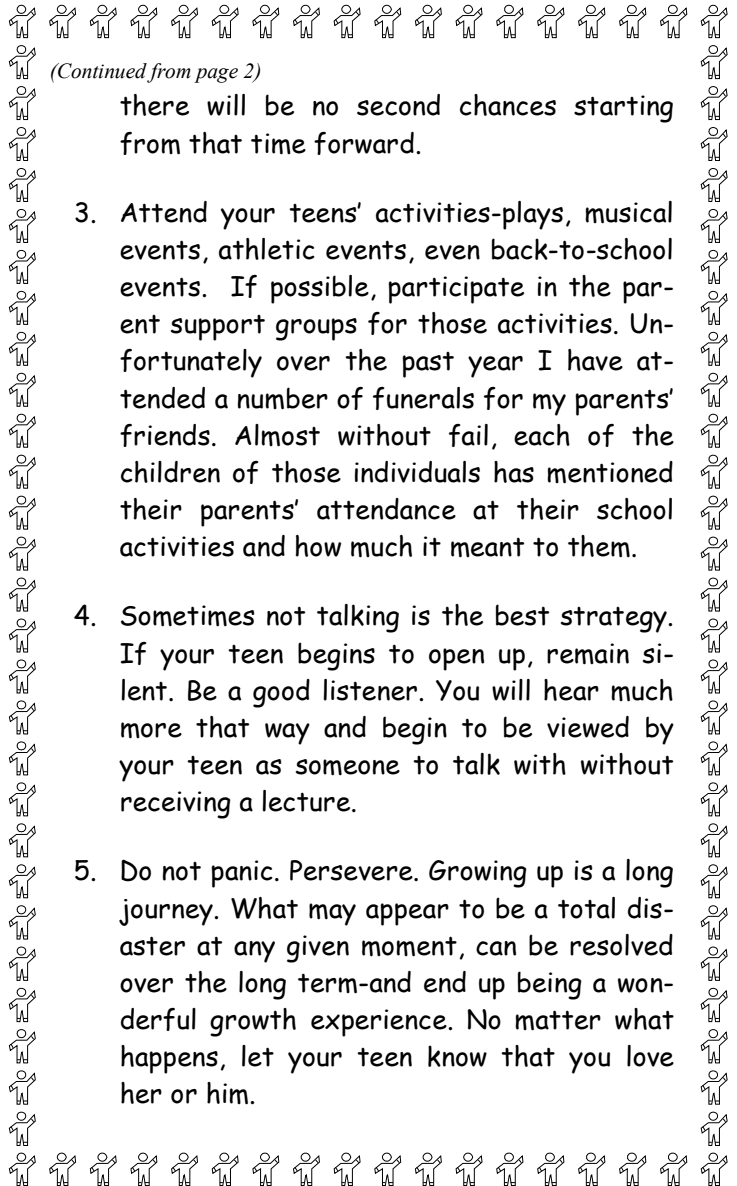
Research now tells us that children who are perfectionists and try to please everyone (particularly girls) are at a higher risk for developing problems such as anxiety and eating disorders. Thus, there is an important distinction that we need to make as parents: how to encourage our kids to do their best without communicating that we want “perfect” children, perfect grades, perfect profiles, perfect friends. Why? Because perfection is an unattainable standard.

If we model acceptance, children will see themselves more realistically. If parents help, children will see that while we all strive to do our best, if the bottom line is perfection, life becomes a series of attempts to externally validate our self worth. Eating disorders are in part an outcome of a child’s attempts to strive for unrealistic standards in terms of body image. So the next time your child brings home a less than perfect grade, or fails in a new endeavor, model self acceptance by sharing with them a time that you fell short, and learned a lesson in the process.

Encouraging Healthy Attitudes

- ⇒ Appreciate your own positive qualities
- ⇒ Communicate with and listen to your child
- ⇒ Be a role model in your own balance of work and play
- ⇒ Encourage acceptance of people of all races, ethnicities, and physical appearances

Source: National Eating Disorders Association



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there will be no second chances starting from that time forward.

3. Attend your teens' activities-plays, musical events, athletic events, even back-to-school events. If possible, participate in the parent support groups for those activities. Unfortunately over the past year I have attended a number of funerals for my parents' friends. Almost without fail, each of the children of those individuals has mentioned their parents' attendance at their school activities and how much it meant to them.
4. Sometimes not talking is the best strategy. If your teen begins to open up, remain silent. Be a good listener. You will hear much more that way and begin to be viewed by your teen as someone to talk with without receiving a lecture.
5. Do not panic. Persevere. Growing up is a long journey. What may appear to be a total disaster at any given moment, can be resolved over the long term-and end up being a wonderful growth experience. No matter what happens, let your teen know that you love her or him.

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his personal experience with mental illness to raise awareness and provide a positive example for young people nationwide. On the evening of March 2nd, Ross will do a follow-up presentation for parents.

Partnership for Awareness works in conjunction with our schools to bring education and awareness about a variety of topics. San Marino High School and PfA are partnering to sponsor Dr. Keith Valone's popular program, "Preparing Your High School Senior for College." The commitment of PfA is to provide a broad scope of information and education to the parents and children of our community. Please join our organization, support its programs, and let us know how we can better serve you.

Janet Morgan
President, Partnership for Awareness



Partnership For Awareness

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Dear Parents,

Partnership for Awareness is an independent non-profit organization and the San Marino parent-student-community alliance, which is concerned with preventing substance abuse and other problems that might interfere with the transition of our youth into healthy and happy adults.

Partnership for Awareness provides support to San Marino Schools for educational programs at every grade level, training and support for teachers, parent education, and community programs.

Your Annual Membership dues will help support these and other programs this year:

- an improved health education program being introduced in the schools,
- the 6th grade advisement class,
- elementary school programs for drug, and alcohol awareness for building self-esteem, teaching effective communication, and enhancing choice-making skills,
- the high school peer counseling program,
- parent education classes, and keynote nationally-acclaimed speakers
- Red Ribbon Week: a national campaign to increase awareness concerning the problems related to the use of tobacco, alcohol, and other drugs,
- Great American Smoke out: a national anti-smoking campaign.

Join *Partnership for Awareness* today by returning your donation*, (in any amount),

to school with your student, or by mailing it directly to Partnership for Awareness at the above address.

Sponsor, \$25 Family, \$50 Patron, \$100

Patron members may attend all PfA events for free!

Please make checks payable to *Partnership for Awareness*

Name: Dr. / Mr./ Mrs./ Ms. _____
First name (s) Last Name

Address: _____

Telephone _____ E-mail address _____

Please check one or both below if you do NOT prefer us to list your name (not address) as a PfA donor:

n the PfA newsletter On the PfA website (www.partnershipforawareness.org)

Children at Carver ___ Valentine ___ Huntington ___ High School ___ Other _____

Yes, I'd love to become involved with PfA activities this year!

Staple your check to the lower part of this letter and return to school with your student, or mail directly to *Partnership for Awareness* at the above address.

*Contributions are tax deductible to the extent provided by the law.

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Please make checks payable to *Partnership for Awareness*

PfA Speakers Program—Mark Your Calendars!!!



December 8th (2005) 7:30 p.m. Huntington Middle School Auditorium

Dr. Wendy Mogel, "The Blessing of a Skinned Knee."

Dr. Mogel is a nationally known clinical psychologist, parent educator and school consultant; her presentation covers topics from her best-selling book of the same title. Dr. Mogel offers advice on how parents can turn their children's worst traits into their greatest attributes. She addresses the question of how this generation of parents can raise optimistic, compassionate and resourceful children who are not spoiled by the plentitude around them. An experienced and popular public speaker, Dr. Mogel's presentation is inspiring, humorous and effective in helping parents meet the day-to-day challenge of raising self-reliant children. She lectures to parents, educators, and clergy across the country and has been a frequent keynote speaker. Her talk promises to be entertaining and enlightening.



January 30th (2006) 7:30 p.m. Hill-Harbison House

Dr. Melissa Johnson and Dr. Lisa Blum

"Cliques, Conflict and Connection: An Evening of Workshops for Parents and Girls on Friendship and Social Life"

The social world of girls is complex! The media tells us about "mean girls," "queen bees," and "odd girls out." Our daughters tell us about conflicts, cliques, sometimes belonging, and sometimes getting left out. Join us for an evening of interactive, fun, skill-building workshops for both girls and parents. Dr. Johnson, psychologist, founder and president of the Institute for Girls' Development in Pasadena and her partner, Dr. Blum, psychologist and consultant at the institute, present information, practical strategies, tips and resources of value to parents and girls.



March 2nd (2006) 7:30 p.m. Location TBD

Ross Szabo, National Mental Health Awareness Campaign

Ross Szabo, youth spokesman for the National Mental Health Awareness Campaign will speak to parents on de-stigmatizing mental illness. Ross seeks to use his personal experience with mental illness to raise awareness and provide a positive example for young people nationwide. Ross will have spoken to an assembly at San Marino High School on March 2nd, and he will address many of the same topics with parents.

Through his numerous appearances on television and before audiences across the country, Mr. Szabo has influenced many youngsters about the importance of combating the stereotypes that surround mental health. He also encourages young people to express themselves and to seek help for their problems. The students will have heard his entertaining and informative message during the day, and the parents will benefit from his insights.



April, 2006 Date and Location TBD

Cyber-bullying and Internet Use

May, 2006 San Marino High School, Date TBD

Dr. Drew Pinsky

Dr. Drew Pinsky – Popular speaker and co-host of "Love Line", Dr. Drew Pinsky will speak to an assembly for San Marino High School students about sex, drug use and teen issues. His direct style, interjected with humor, offers a straightforward message on difficult topics. Dr. Pinsky is a physician and has a practice specializing in addictions. There will be follow-up presentation in the evening for parents with a moderator. - TBA



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PfA Schedule of Events (2005-2006)

(See inside of newsletter for description of these upcoming events.)

October, 2005

- 10/20 Susan Feeney (Huntington Middle School)
- 10/24 Dr. Keith Valone—Preparing your High School Senior for College (San Marino High School Cafeteria, 7:30 pm)

December, 2005

- 12/8 Dr. Wendy Mogel, "The Blessing of a Skinned Knee" (Huntington Middle School Auditorium, 7:30 pm)

January, 2006

- 1/30 Dr. Melissa Johnson and Dr. Lisa Blum, "Cliques, Conflict and Connection" (Hill-Harbison House, 7:00 pm)

March, 2006

- 3/2 Ross Szabo, youth spokesman for the National Mental Health Awareness Campaign (Location TBD, 7:30 pm)

April, 2006

- TBA Cyber-bullying and Internet Use (TBA)

May, 2006

- TBA Dr. Drew Pinsky – Popular speaker and co-host of "Love Line" (San Marino High School)

If you have suggestions for future events or have resources you would like to share with the PfA community, contact Janet Morgan at jmorgan007@aol.com.