

# Practical Help<sup>SM</sup>

## FOR PARENTS



*Support for Parents of Teens/Pre-Teens, Educators & Mental Health Professionals*

Program Description

## Close The Door on the Way Out! Teens and Privacy

How much privacy should I give my teenager? Aren't I giving up my role as a parent if I give them too much "space"? Why does my pre-teen always need to close his door, talk more quietly if I'm around or shut down the computer when I walk by his room? Should I be worried? I'm a teacher; some of my students come up and tell me things that I'm not sure I wanted to know; now what am I supposed to do about the personal things they've confided?

If you're asking these questions, you're dealing with the related issues of *privacy* and *boundaries*. The area of privacy may be one of the most important to understand and address because when a teenager pushes the privacy issue, they're really working on what is arguably the most important task of adolescence. They are simultaneously creating identities *separate* from their parents while trying to maintain close and supportive ties to them. **In this workshop you'll get help understanding what's normal and expectable adolescent behavior around privacy, and help establishing appropriate and supportive boundaries while staying close enough to teach values and responsibility.** We'll also discuss the complex challenges around when teen's choices around privacy can be warning signs for trouble and a call for intervention.

## Program Outline

1. Why is Privacy Such a Key Issue in Adolescent Development?
2. Privacy, Boundaries and Social Development
3. Privacy, Boundaries and Sexual Development
4. Privacy and Family Life: Challenges, Problems and Responses
5. Privacy and School Life: Challenges, Problems and Responses
6. Translating Adolescent Behavior: Distinguishing Normal Privacy Behaviors from Signs of Trouble
7. Examples from the "Field"
8. Discussion and Questions

## Options and Fees\*

All workshops prices include bibliographies, copies of presentation and ancillary materials such as research articles and more in-depth treatment of material presented. Minimum prices are listed; prices may vary depending upon participant numbers.

*1-Hour Presentation or Keynote: \$400*

*2-Hour Workshop or Staff Training: \$750*

*Half-day Workshop or Staff Training (3.5 Contact Hours): \$1250*

*Full-day Workshop (6.5 Contact Hours): \$2250*

*\*A 15% discount is available for non-profit organizations*

*Michael is approved by the Board of Behavioral Sciences as a Continuing Education Provider (PCE #3451) for Marriage & Family Therapists in the State of California*

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