

Parent-Teen Mediators

A parent-teen mediator acts as a neutral third party who sits down with you, sometimes separately, usually together, and helps you have an organized conversation about what is happening in your lives and in your house. Each person's point of view is allowed to be heard, considered for what's important to him or her about that viewpoint, and worked for understanding by the other. The mediator doesn't decide who's right or who's wrong. The agreements reached are made by both of you together, based on what will work in your house given who lives there. Mediation is very practical. The mediator also teaches communication and problem-solving skills, with the aim being to resolve the immediate issues and equip you to do your own problem-solving in the future. Everything is totally private, unless the law requires a report.



The Parent-Teen Mediation Program is about how you can have a relationship during these years that supports both the teenager and the parent. The Program is completely funded by the Ministry of Children and Family Development.

Services are provided by Sandy Dunlop, and include:

- Mediation between parents or caregivers and teenagers (between the ages of 11 and 19)
- Mediation of school-related disputes
- Anger Management training for youth
- Workshops in conflict resolution, anger management, and communication skills for youth

Sandy obtained a certificate in conflict resolution training in early 1991 at the Justice Institute of British Columbia, and has since been a skills coach and an instructor in that program. More specifically, she created and taught courses at the Justice Institute in Parent-Teen Mediation

Powell River



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Services Society**

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Parent-Teen Mediation

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TEENAGERS

There's a lot more to being a teenager than zits on your face. The same hormones that are changing your body are changing the way the world looks to you. The opposite sex is way more interesting, and your friends feel more like your family than your family. Your tolerance for adults is low, together with your interest in homework, hanging out with your parents, and being predictable.



You want to see for yourself what stuff feels like, not go by what some adult told you. The rules look dumb. Doing what you're told looks boring. You want to have fun. On the other hand, you don't want to get everybody mad at you, especially your parents. Even though they are old fools, you still love them and want them to love you and get off your case.

Parents

There's a lot more to being a parent of a teenager than losing your bathroom, your telephone, the contents of your refrigerator, your clothes, and your helper around the house. You are losing the child you have known well for a dozen or so years and you are losing your control over who they are. It's pretty scary, especially if control is important to you or if your own teenage years were the pits.



On the other hand, you not only gain a gigantic laundry pile, a herd

of other teenagers, and worries you didn't think could happen to you, you are getting to experience in your own house the growth of a full-blown person, an adult who will someday be your friend if you don't blow it. Teenagers do grow out of it and grow up, just as you did.



HOW CAN YOU GET HELP?

So what can you do besides just hang on for those years? The day-in-day-out stress can be intense. If the parents and teens in your family are locked into conflict and your communication can't get past yelling and running away, maybe parent-teen mediation can help.

WE CAN HELP