



nebraska
children
AND FAMILIES FOUNDATION

REACHING TEENS Toolkit



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What is Reaching Teens?

- Reaching Teens is a tool kit for strength-based, trauma sensitive communication strategies to effectively engage today's teenagers.
- Created by Dr. Kenneth Ginsburg – a pediatrician specializing in adolescent medicine. He has come to Nebraska and presented in 2019 and virtually in 2021
- This is not a new program, but rather a way of being with teens that builds on your existing strengths and values.
- A hands-on tool to enhance the theoretical framework of Youth and Families Thrive

Reaching Teens Goals:

- Prepare adults who surround youth with protective and caring relationships that they deserve.
- Some people see adolescence as a time of storm and stress (a period to pass or survive), but science shows it is a critical window to optimize development and heal from a hard childhood.
- Youth thrive when they have strong, healthy connections with adults who believe in them unconditionally and hold them to a high expectation.
- Give control back to people from whom control has been taken away
- We are unapologetically love focused.



Reaching Teens tools:

- Help teens to recognize existing strengths
- Foster resilience-building
- Empower wiser decisions and healthier choices
- De-escalate crisis situations
- Establish appropriate boundaries
- Practice effective self-care that enhances your ability to help serve youth



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Benefits of Reaching Teens

- **Professional Use**
- **Personal Use**
- **Professional Development**



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“Reaching teens is about creating the scaffolding of meaningful adult relationships from which young people can securely rise to become their best selves.”



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Reaching Teens Video:

The Seven C's of Resilience - YouTube

The 7 Cs model offers an overview of the assets and circumstances for building resilience and begins to offer strategies to recover from past hardships.



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Activity- Discuss with your table:

- **Competence-** When we notice what young people are doing right and give them opportunities to develop important skills, they feel competent. We undermine competence when we don't allow young people to recover themselves after a fall
- **Do we let them make safe mistakes, so they have opportunity to right themselves, or do we protect them from every bump and bruise? Discuss your experience with this.**



Activity- Discuss with your table:

- **Confidence-** Young people need confidence to be able to navigate the world, think outside the box, and recover from challenges
- **Do we praise often enough? Do we praise honestly about specific achievements or give such diffused praise that it doesn't seem authentic?**
 - **Don't say "you are so smart" say instead "your hard work is paying off".**



Activity- Discuss with your table:

- **Connection**- Connections with other people, schools, and communities offer young people the security that allows them to stand on their own and develop creative solutions.
- **Do we enter young people's lives without permission, or do we give them time to understand we are worthy of their trust?**
- **How do you do this?**



Activity- Discuss with your table:

- **Character-** Young people need a clear sense of right and wrong and a commitment to integrity.
- **Do we notice and respect when a young person sticks to something? Do we reinforce the importance of delayed gratification? Share some examples.**



Activity- Discuss with your table:

- **Contribution-** Young people who contribute to the well-being of others will receive gratitude rather than condemnation. They will learn that contributing feels good and may therefore more easily turn to others and do so without shame.
 - **Do the youth in our program know how much they matter to how well the program functions?**
 - **As we create programs that serve youth, do we include them in the planning process, appreciating that they are the experts on themselves and their own needs?**



Activity- Discuss with your table:

- **Coping**- Young people who possess a variety of healthy coping strategies will be less likely to turn to dangerous quick fixes when stressed.
- **How do you guide youth to develop positive, effective coping strategies?**



Activity- Discuss with your table:

- **Control**-Young people who understand privileges and respect are earned through demonstrated responsibility will learn to make wise choices and feel a sense of control.
- **Do we understand that discipline is about teaching, not punishing or controlling? How do we use discipline as a means to help someone understand that their actions produce consequences?**



Accessing Reaching Teens:

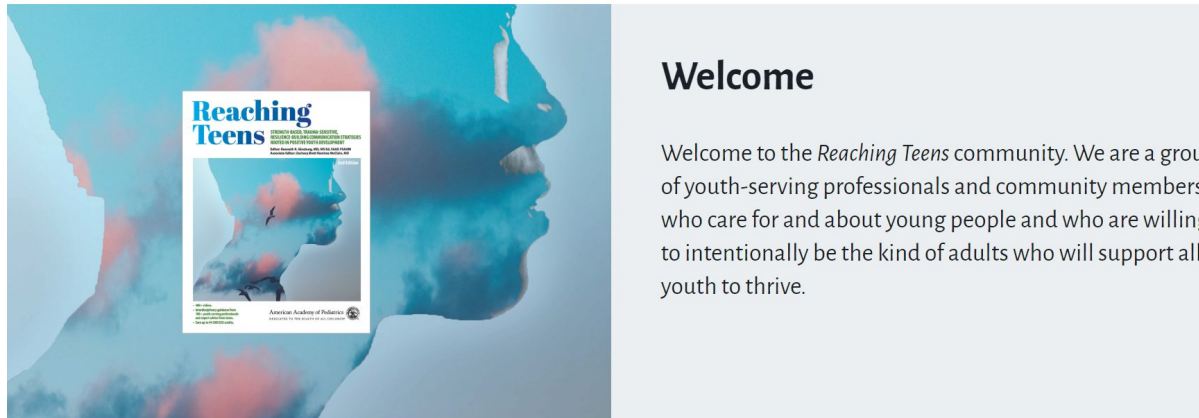
- NCFF has an institutional license to share with our community collaboratives.
- In addition, we have started a Reaching Teens Learning Community
 - Virtually- 3rd Friday of the month at 1 p.m.
- To receive access to the Reaching Teens toolkit- complete this google form.



<https://forms.office.com/r/F7CAJEuSMv>

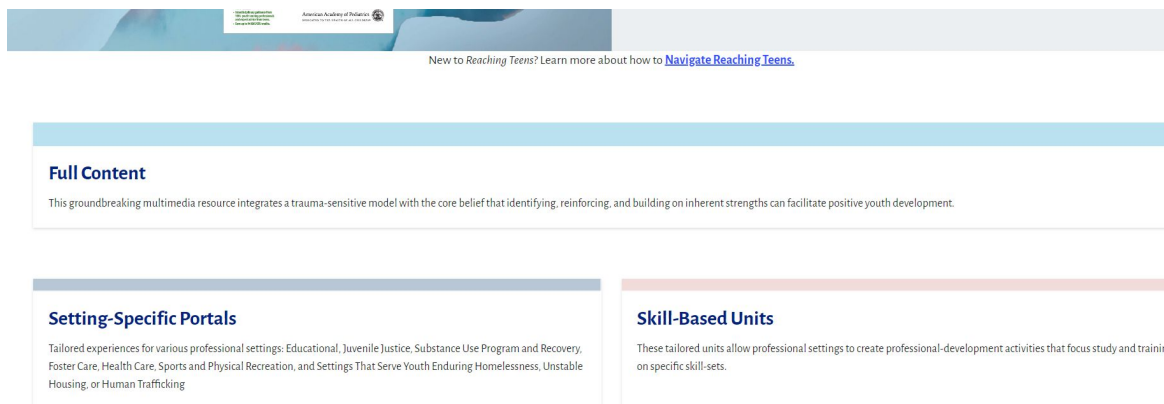
Accessing Reaching Teens:

•Go to web site: <http://aap.org/reachingteens2e>

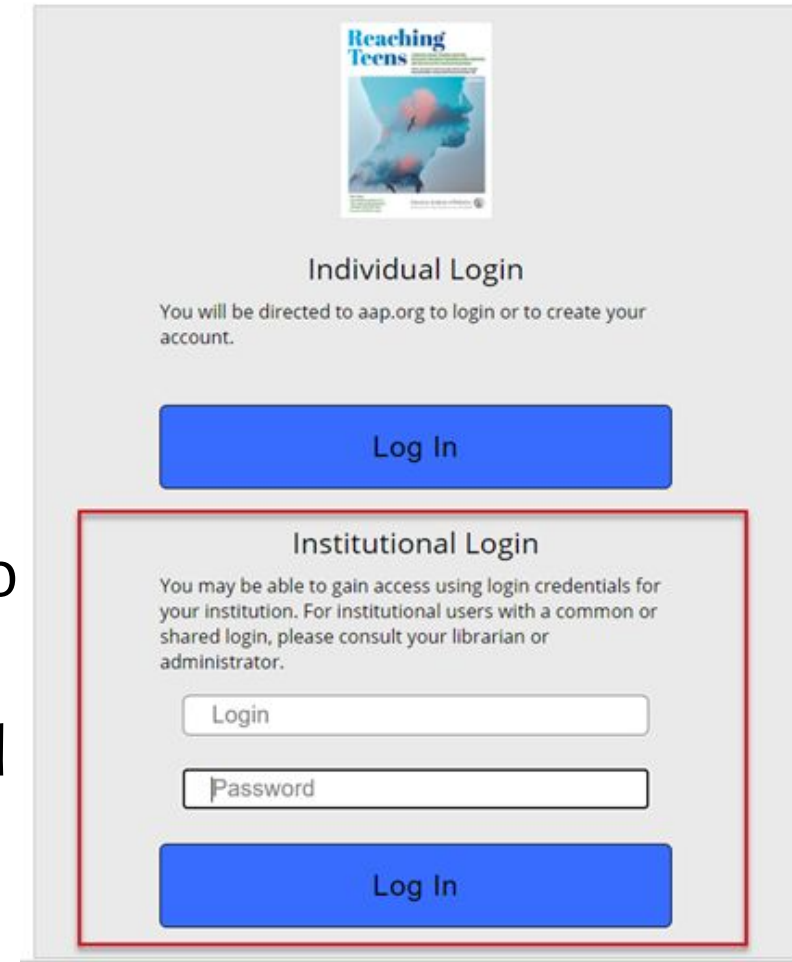


New to *Reaching Teens*? Learn more about how to [Navigate Reaching Teens](#).

•Select Full Content (do not select account login)

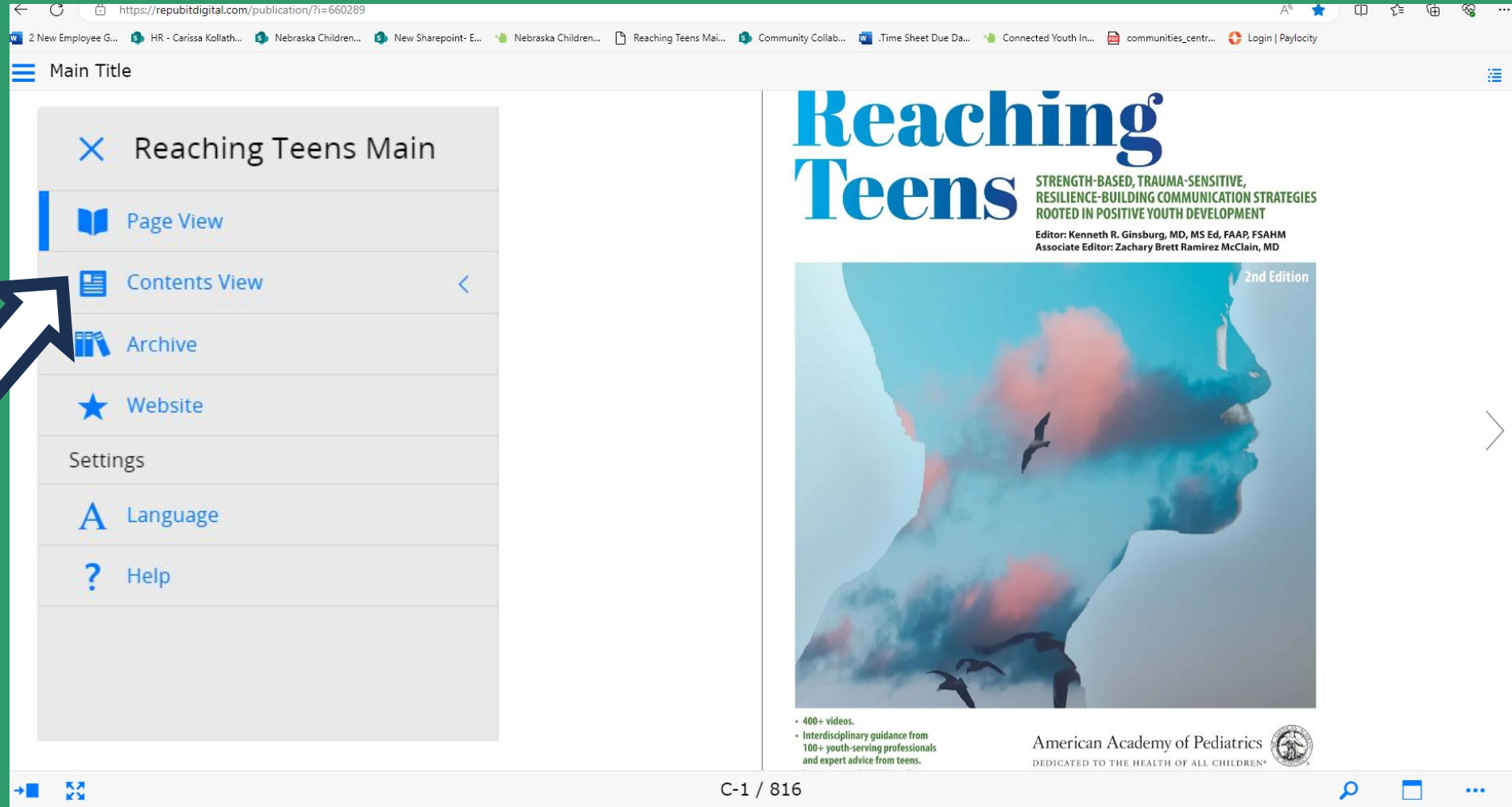


•Make sure to use Institutional Login



Navigating Reaching Teens

- Click on the hamburger menu in the top corner
- Click on Contents View to navigate by chapters



The screenshot displays the Reaching Teens website interface. On the left, a navigation menu is open, showing options: Reaching Teens Main, Page View, Contents View (highlighted with a blue bar), Archive, Website, Settings, Language, and Help. Two large white arrows with black outlines point to the hamburger menu icon in the top left and the 'Contents View' option in the menu. The main content area features the book cover for 'Reaching Teens: Strength-Based, Trauma-Sensitive, Resilience-Building Communication Strategies Rooted in Positive Youth Development', 2nd Edition, published by the American Academy of Pediatrics. The cover art depicts a profile of a person's head filled with a vibrant, colorful sky and clouds, with birds flying. Text on the cover includes the title, subtitle, editors' names (Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM and Zachary Brett Ramirez McClain, MD), and the publisher's name. At the bottom of the page, there is a footer with the text 'C-1 / 816' and the American Academy of Pediatrics logo and tagline 'DEDICATED TO THE HEALTH OF ALL CHILDREN®'.

CYI- Connected Youth Initiative

- **Who We Are:**
- **What We Do:**
- **How to Connect:**



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Questions?

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