

SPACE FOR NOTES

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## Session 7

# RECLAIMING OUR YOUTH

*how to hold, or win back,  
their hearts*

### ***Topics covered in Session Seven***

- why adults need to matter more than peers
- why adults are still a teenager's best bet
- how to cultivate connections with teens
- how to win back the heart of an adolescent
- how to collect an adolescent
- how to preserve the ties that empower
- why we need to reclaim our youth

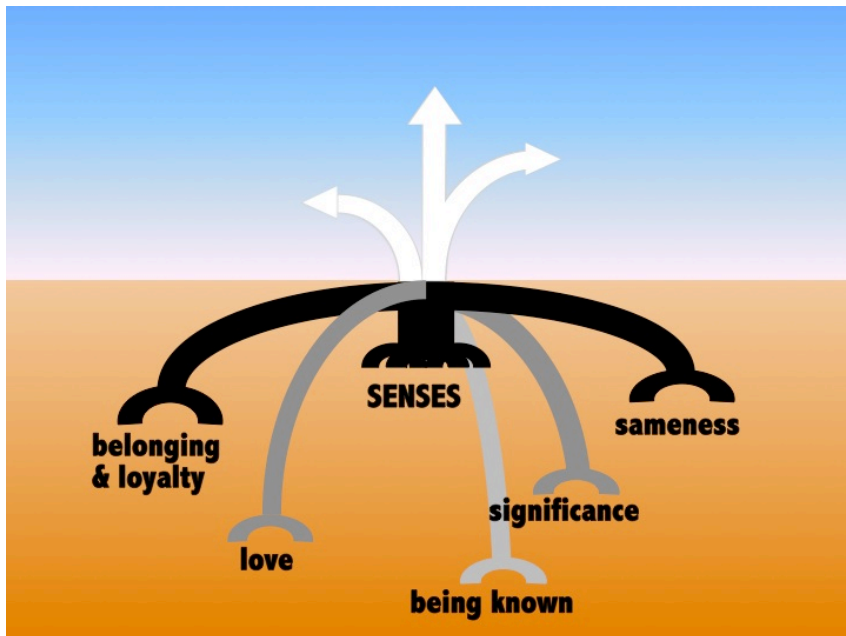
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**Adolescents require strong attachments to adults.**

**1) to give birth to individuality**

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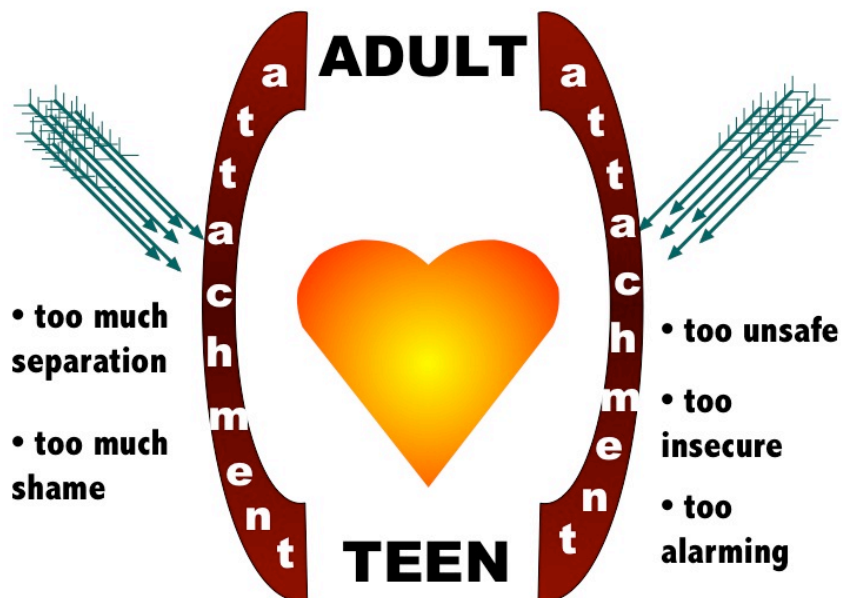
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## Adolescents require strong attachments to adults:

- 1) to give birth to individuality
- 2) to shoehorn into adult society
- 3) to shield against external stress

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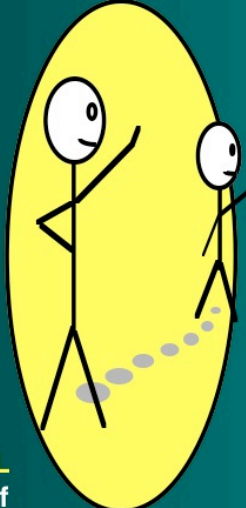
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**Adolescents require strong attachments to adults.**

- 1) to give birth to individuality
- 2) to shoehorn into adult society
- 3) to shield against external stress
- 4) to render teachable and manageable

**Attachment is the WOMB of maturation**

What attachment does .....provides the power to ...



1. serves as a **SHIELD** against external stress
2. functions as a **WOMB** for the emergent self
3. establishes a **HOME BASE** from which to venture forth
4. Creates a **PROTECTIVE SHELL** for the emergent self

- protect their hearts and thus their maturation
- nurture growth by fulfilling attachment needs
- foster independence by providing a sense of security
- protect budding emergence from being suffocated

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## ***How to Collect an Adolescent***

- 1. Get in the adolescent's face (or space) in a friendly way, collecting the eyes, a smile and a nod***

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***COLLECT  
before you  
DIRECT***

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## ***How to Collect an Adolescent***

- 1. Get in the adolescent's face (or space) in a friendly way, collecting the eyes, a smile and a nod*
- 2. Provide a 'touch of proximity' for the adolescent to hold on to*
- 3. Invite the adolescent to depend upon you*
- 4. Act as the adolescent's compass point*

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## ***PROTECT the relationship***

- 1. Make the relationship a priority and convey that message*
- 2. Assume responsibility to preserve a sense of connection*
- 3. Bridge what could divide*

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***BRIDGE***  
***what could***  
***DIVIDE***

***PROTECT the relationship***

- 1. Make the relationship a priority and convey that message***
- 2. Assume responsibility to preserve a sense of connection***
- 3. Bridge what could divide***
- 4. Refrain from fostering peer dependence and orientation***

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***Help beget the attachments the adolescent needs:***

- 1. Engage in introductions and match-making***
- 2. Encourage hierarchical relationships***
- 3. Cultivate connections with caring adults***
- 4. Use attachments instead of roles to deal with adolescents***

# Insights

*Questions to prime personal processing*

## HIGHLIGHTS OF THE APPROACH

*Quotes & highlights from course material*

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## HOW THIS NEW KNOWLEDGE MIGHT CHANGE WHAT I DO

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## INSIGHTS INTO MYSELF

*Observations from own childhood & relationships*

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## INSIGHTS INTO CHILD/CHILDREN:

*What do I see differently now?*

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## CHANGES OBSERVED IN CHILD/CHILDREN

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## **PRIMERS: Questions to prime review and integration**

1. Why do adolescents require strong attachments to adults?

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2. What type of relationships should be fostered to encourage healthy development?

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3. What are some ways to collect an adolescent?

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4. What are some ways to protect the relationship and bridge what could divide?

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5. What are some ways to match-make and cultivate connections with caring adults?

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6. Questions arising out of this session.

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## GROUP DISCUSSION NOTES

1. General discussion – review of INSIGHTS and PRIMERS.

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2. How does this perspective fit or conflict with your own experiences, understanding and values?

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3. What are some changes you have made to your practice that you would be willing to share?

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4. Additional questions and concerns arising out of the group discussion.

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