

Under Pressure : Take Home Tools

- “Strike while the iron is cold” - Counsel, teach, process and reflect outside of the ‘hot’ moment
- Conflict strategies 101: identify bulldozer, doormat, doormat with spikes and pillar (best self)
- Create and practice a language toolkit for conflict and other situations
- Replace ‘consent’ with ‘enthusiastic mutual agreement”
- Model in your own life how you focus on what you CAN change and what you cannot
- Teach them how stress and anxiety are information providers
- Don’t give a few panic attacks too much weight
- Don’t avoid the things that cause stress and anxiety- “What we resist, persists”- Move toward the threat with baby steps
- Protect the end of the day ‘reunion’ so it doesn’t deplete you as a parent. One parent gave her daughter a journal to write down the things she wanted to tell her mom during the day and then she could decide once school was over what of those things she wanted to share

- Are you white-washing your own adolescence and in turn putting too much pressure on your kids to be far better than you were at this age?
- Make sure your “monitoring” doesn’t get in the way of the most important thing your daughter needs - a caring, working relationship with a loving adult.
- Take a fresh look at how you, the parent, consume and ingest news, food, technology, etc.
- Work *with* your daughter’s temperament and not against it. “I see that your first reaction to x is y. Let’s see what other responses you might have as we let the information settle in. “ Work on not feeling frightened of the first response, just have curiosity about it.
- As parents, focus more on what you are FOR rather than what you are against. For example, “Outside time is important for wellbeing.” vs “Get off your phone.”
- Addressing envy....“Competitive feelings aren’t rational. They just come with the territory of being an ambitious person. Don’t beat yourself up about it.”
- Counter the hookup culture reporting with the real numbers.... Over 70% of boys and girls would prefer a committed relationship
- Girls work hard.
- Remind girls that harassment is a form of sexualized bullying. The harasser is trying to make themselves

feel bigger by making you feel small. It says everything about the harasser and nothing about you.

- Two words to use a lot : *stinks* and *handle*. The one/two combo for responding to an upset or over reaction is “that stinks”and “how do you want to handle that?”