



# Survival Guide caring for the Children We Share

What to Expect in Those Pre-teen Years...

## Social and Emotional Development

1. The world is becoming a more complex place for YOU. Ask your parents what you need to know. Your peers may NOT have all the right answers for you.
2. Independence is vital and begins to take wings.
3. Independence in terms of learning how to make decisions and loving who you are becoming is great, but too much independence leads to a lack of integrity.
4. Early independence leads to miscalculations of "I am my own authority".



*View web sites like [www.thecoolspot.gov](http://www.thecoolspot.gov). to understand the risks of underage drinking and ways to resist peer pressure. Log on together with your parents or friends.*

5. Independence when gotten too early leads to misuse and/or premature thinking.
6. Keep and Appreciate the Value systems you were taught.

## ***Risk-Taking***

Adolescence is a time of experimentation, but sometimes that can lead to risk-taking behaviors.

- **DON'T SURRENDER** to peer pressure, drugs, alcohol, or intimate relationships.
- **Develop** a sense of identity and individuality this is a most important task of adolescence.
- **Become** your own person.

**Mentoring, Coaching, Education, Training  
Developmental Workshops and Programs**



**Dr. Cheryl White-Holt, CEO FID**  
[www.familyindistress.org](http://www.familyindistress.org)

**For Youth, Parents, Schools and Families**

FID Programs provide intervention strategies and support to develop social skills, academic

achievement, healthy life-styles, cognitive thinking and positive behavioral change

### Cool Tips for Kids Ages 10 – 12 Year Olds



### Social and Emotional Development

The world is becoming a more complex place for **YOU** as you begin puberty so you should:

1) *Ask your parents what you need to know.*

Why your parents?

Because your peers may NOT have all the right answers so you must be open-minded – the universe is big and involves more than just TWO people (you and your BFF).

### Relationships with parents

Always engage your parents in your thought processes and choices. Remember to appreciate and respect their love and commitment to your success.

### Changing Interests

It's okay to have new interest, but...Remember to KEEP things consistent so people can know what to expect from you.

**What you wear is important; but clothes really don't make you 'cool'.**

Just because someone wears something doesn't make it cool. Look up the real reason behind a fashion before making it your own. **Remember this:** your clothing choices and grooming habits tells the world how you expect to be treated.

### Independence begins to take wings.

Early independence leads to miscalculations of “I am my own authority” and when experienced too early leads to abuse, misuse and/or premature thinking. DON'T forget, everyone does not have the same experience, and things done today always follow you into tomorrow. MAKE good choices while keeping and appreciating the Value systems you were taught.

### When in DOUBT DON'T DO IT!

Enjoy life. Don't take it so seriously. You are only a pre-teen!

### Cool Tips For 13-17 Year-Olds

### Social and Emotional Development

Your puberty and physical transition from childhood to adulthood will be completed.

Your Decision making heightens and you will attain cognitive maturity— Remember your *decisions are going to be made based on knowledge of choices and penalties.*

Media will be one of your greatest influences; however, the good news is you will maintain autonomy to decipher messages. Remember everything you hear or see is not what it appears to be so “TRUST YOUR INSTINCT.”

### People Form Habits...

**But Habits Will Form Your Future**

As part of your emotional development, start placing less value on your appearance and more on personality – your attitudes and beliefs will lead you to many decisions – learning to manage and control them will help you consistently make the best decisions

**Regrets** do not cure diseases or take back unwanted pregnancies. Diseases DO NOT know race, beauty, or age. Avoid inappropriate habits.

- **DON'T** hurt others to be cool!
- Work on increasing communication with family, friends, and others!
- **DON'T** allow anger to become your purpose!
- **Become your own person.**
- **DON'T SURRENDER** to peer pressure, drugs, alcohol, or intimate relationships.
- Develop a sense of identity and individuality this is a most important task of adolescence.
- When you become 18+ years you have the right to many new things...

As a young adult, fun and games should not land you in JAIL. There are legal limits. For instance, “DON'T disturb the peace,” or “DON'T drink and drive.” Growing up has nothing to do with drinking alcohol and/or doing illegal drug. It is illegal to consume alcohol under the age of 21 or using certain drugs without a prescription.

**REMEMBER YOU ARE NOT ALONE...**

***Family In Distress Cares***