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## Tame your nerves when it comes to tough talks with your teen

Teens face difficult issues every day--from sex and dating concerns, to drugs and violence. You aren't helping your teen if you cover your ears every time she asks you a tough question.

Be prepared to have an open conversation with your teen to discuss these issues. It's better for you to share your family's values with your teen than for her to go along with whatever her friends are doing.

Here are some tips for surviving tough talks with your teen:

- Do some thinking in advance. It's natural that your teen will eventually come to you to talk about a difficult issue. Spend time thinking of typical teen behaviors and how you would advise your teen to address them.
- Avoid delaying the conversation. Your teen will likely catch you off guard with her question. But realize that if she's asking your advice on a situation, she has probably already asked her friends for their advice. You'll have to answer the question right away. Buy yourself some time to think by saying something like "I'm glad you came to me with that question."
- Be clear and honest in your response. Discuss your family's values. Use proper terminology for things rather than slang. If you're embarrassed, say so. Your teen will be more likely to turn to you in the future if she knows you'll give honest advice without being judgmental.

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## POP QUIZ FOR PRIZES

*How can you be certain your teen will succeed in school?*

Congratulations to last month's winner:

**Samantha Wilmoth from Buckhannon-Upshur High School**

**Mail or e-mail your answer to:**

Fairmont State GEAR UP Attn: Pop Quiz for Prizes  
1201 Locust Ave. Fairmont, WV 26554  
Or e-mail: [slindsey@fairmontstate.edu](mailto:slindsey@fairmontstate.edu)

Be sure to include: the GEAR UP student's name, school, and grade along with a phone and mailing address. **and you will be entered to win a prize.**

## DATES TO KNOW

**March-April\* 2010**  
Summer Camp Brochures Distributed

**March 20, 2010**  
College Campus Bus Tour

**April 10, 2010**  
ACT Test Date (register by March 5th)

**April 24, 2010**  
College Campus Bus Tour

**May\* 2010**  
Computer Scholarship Banquet

**May\* 2010**  
Parent of the Year Awards Banquet

**June 12, 2010**  
ACT Test Date (register by May 7th)

**\*Projected Dates**  
**NOTE: All dates subject to change and may vary by school.**

## Websites:

**[www.cfwv.com](http://www.cfwv.com):**

*Your Free Source for  
College and Career  
Planning*



**[www.fairmontstate.edu/gearup](http://www.fairmontstate.edu/gearup):**

**edu/gearup:**  
*GEAR UP website*

# Visit a College Campus!

## Alderson Broaddus College

Register on their website: [www.admissions.ab.edu](http://www.admissions.ab.edu)

## Fairmont State

*Campus Visitation Days – open houses for prospective students & families*

Saturday, March 27, 2010

Saturday, October 30, 2010

or set up your own one-on-one tour, call us at (800) 641-5678 or (304) 367-4855.

## Glennville State College:

### Campus Visits:

Monday—Friday 10:00 am and 1:00 pm

Please call to make reservations: 1-800-924-2010

## University of Charleston

Campus Visits: Monday—Friday 9am to 3pm,

Saturday by appointment

Call 1-800-995-4682 or Register online:

[www.ucwv.edu/admissions/visit\\_campus](http://www.ucwv.edu/admissions/visit_campus)

## West Virginia University

### Open House:

March 20, 2010

WVU Visitors Resource Center gives tours twice a day Monday-Saturday.

To make a tour reservation please call 304-293-3489 or schedule online:

[www.admissions.wvu.edu](http://www.admissions.wvu.edu)

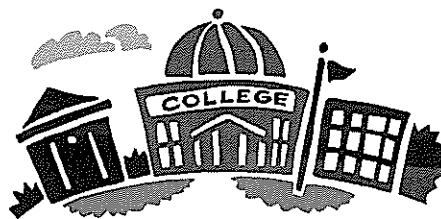
## WV Wesleyan

contact us at 800-722-9933

## Wheeling Jesuit

Schedule a campus visit on their website:

[www.wju.edu](http://www.wju.edu)



# Parent Pointers

## Calendar

High School  
**Parents**  
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> It's Women's History Month. Visit the library and check out a book about a woman your teen admires.	<b>2</b> This month, try to eliminate pessimistic phrases. Replace, "It won't work," with, "Why not try it?"	<b>3</b> It's the birthday of Alexander Bell, inventor of the telephone. Set up a system for recording phone messages.	<b>4</b> Keep talking about school. Every day, ask your teen what he's doing and thinking about.	<b>5</b> Develop a "Where Am I?" form with your teen that lets each of you know where the other is.	<b>6</b> Don't like a friend of your teen? Resist the urge to be negative. You may make the friendship seem more attractive.
<b>7</b> Have your teen help you do your taxes. If she earned money in 2009, help her file a tax form.	<b>8</b> If you want your teen to get more involved, set an example. Join a club or group that interests you.	<b>9</b> Give your teen a small "just because I love you" gift—a candy bar or a magazine, for example.	<b>10</b> Is your teen learning to drive? Together, write out a contract that sets out responsibilities and rights.	<b>11</b> Look in the newspaper for community events that may interest your teen.	<b>12</b> Declare this an Acts of Kindness Day. Make a special effort to be kind to each other. It may become a habit!	<b>13</b> Look for the positive and celebrate. Grades went up? A first job? An award? Focus on the joys of teen years.
<b>14</b> Plan a "Family Night In." Read, play games, watch a video, take a walk or go for a bike ride.	<b>15</b> Celebrate Nutrition Month by checking out a library book about nutrition.	<b>16</b> If there are safety concerns at your teen's school, talk with your teen about how to stay safe.	<b>17</b> Talk about alcohol by asking "What if" questions: "What if the friend who is driving gets drunk?"	<b>18</b> Notice the good things about your teen's friends.	<b>19</b> Does your teen want to talk? Stop what you're doing and listen.	<b>20</b> Faced with a thorny situation? Try talking with other parents. Teachers can also be a good source of advice.
<b>21</b> It's Clutter Awareness Week. Brainstorm with the family about ways to reduce the clutter in your house.	<b>22</b> Write your teen a letter telling her about the day she was born.	<b>23</b> Teens often follow bizarre diets. Learn more about the Food Guide Pyramid and good nutrition.	<b>24</b> Teens don't think ahead. Help them learn this skill by thinking out loud: "Remember to be home by midnight."	<b>25</b> Does your teen use the Internet? Stop by occasionally to monitor—just as you pay attention to the TV he watches.	<b>26</b> Help your teen think about the snacks she eats. Could she make some healthier choices?	<b>27</b> Take your teen out for breakfast. No agenda—just talk.
<b>28</b> Highlight youth accomplishments. See if churches, newspapers or businesses will spotlight outstanding teens.	<b>29</b> Many colleges offer summer programs for high schoolers. Help your teen start gathering information now.	<b>30</b> Talk about the future. Ask, "How can you become what you want to be? What steps can you take?"	<b>31</b> Prepare a family recipe with your teen. Talk about recipes that have been handed down through the years.	<h1>March 2010</h1>		