

Parents

They just don't understand ;-)



I'm a parent and these are my kids.



And in the winter



Why are parents so strict?

Sometimes my kids think I'm mean.



Strict Parents

- We've been through a lot and we usually know what got us into trouble.
- We want you to grow into healthy, respectful and happy adults.
- Sometimes we just want you to do the right thing.
- Your brains are still developing and we want you to be safe.



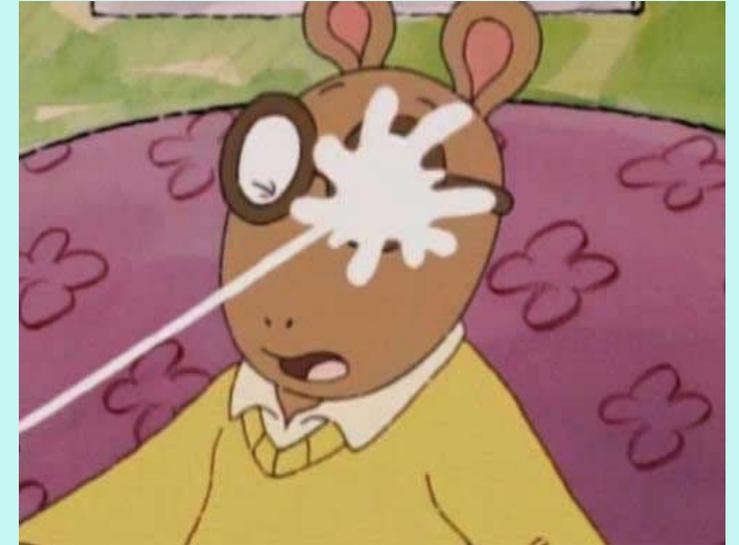
Strict (Mean) Parents

- Sometimes parents ARE mean.
 - Maybe they're parents were mean.
 - Maybe your parents suffered from abuse.
 - Sometimes parents just don't know how to be parents.
- Sometimes we get grumpy and it's not your fault ☹️
 - Sometimes we get frustrated.
 - Sometimes we just want you to listen.



Argumentative Parents

- Arguing is like a disagreement that gets angry.
- Arguing is not always bad.
- Parents might argue with you because you are arguing with them.
- Parents might be trying to get their point across to you.
- It is NOT your fault when parents argue with each other.
- It is NOT your fault when parents argue with other adults.





Phones

Can't you just do something other than text?



Phones & Parents

- Maybe your parents want to be with you and NOT with your phone.
- Maybe your not doing your chores or your homework.
- Maybe you are awake texting instead of sleeping.
- Maybe you are just spending too much time on your phone.
- Maybe it's a form of disciplining for something you've done wrong.



Phone Dangers

- There are people out there that want to hurt you.
 - They are sneaky and might want you to do things like sending nude photos, go partying, have sex, trap you into prostitution.
- Sexting: sharing nude photos by text, email, Facebook, Whatsapp
 - These are easily shared with other people.
 - This is child pornography and it is illegal to:
 - Take the photo
 - Share the photo
 - Have the photo



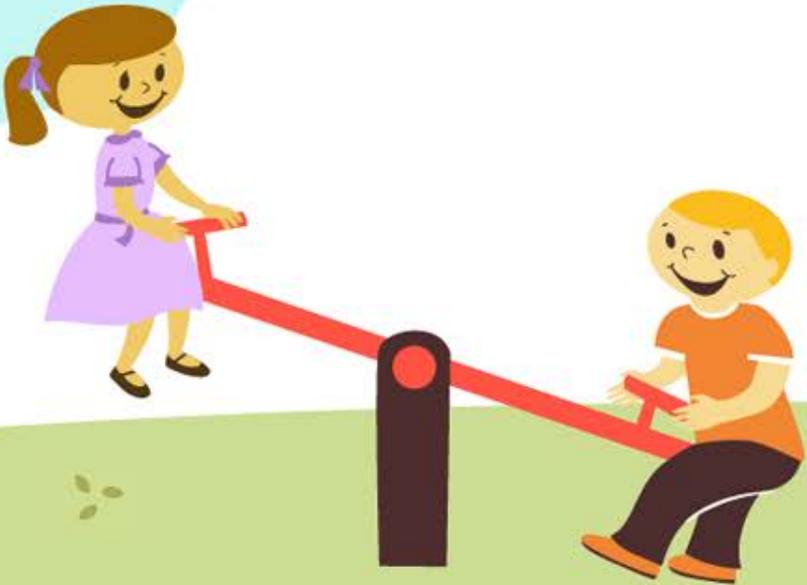
More Phone Dangers

- Facebook
 - People who want to harm you might be able to find out and use to exploit you:
 - Your favourite activities
 - Your favourite music and movies
 - Your school location
 - Where you live
 - What you look like
 - Who your friends are
 - Future employers can find what you have online and might not want to hire you if you have photos of you:
 - Partying, being unprofessional, dressed inappropriately, on the beach



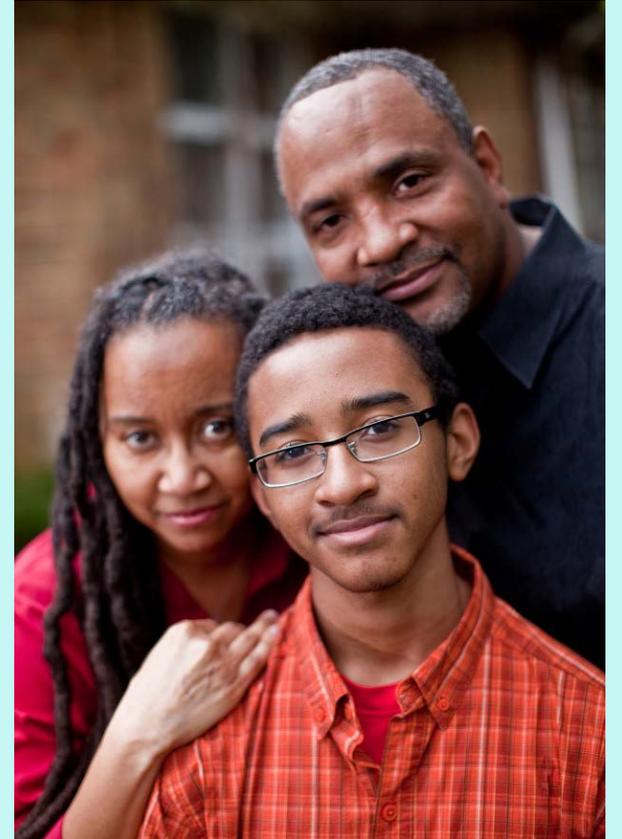
What are the roles of parents?

Why are we here?



Parental Roles

- To give you loving guidance as you grow into adults.
- To keep you safe from harm.
- To teach you to respect yourselves.
- To teach you to respect others.
- To keep you in school.
- To support you in difficult times.



Parents are not Perfect

- We are all doing the best we can for our families.
- Sometimes it is very difficult to be parents.
- Sometimes we make mistakes.
- Sometimes we work too much.
- Sometimes we work too little.
- Sometimes we yell but hopefully not very often.
- Sometimes we don't sleep enough.
- Sometimes we are grumpy.
- Hopefully, we always love our children.



Resources for young people

- Other adults you trust
 - Teachers, Counselors, Sisters & Priests of the Church
- 24-Hour Crisis Line (St. Lucia Crisis Centre)
 - (758) 453-6848 & (758) 712-7574
- Alcoholism and drug addiction
 - Turning Point Drug & Alcohol Rehabilitation Centre
 - Phone (758) 453-1087 or (758) 458-2076
- St. Lucia Human Services
 - Castries: (758) 468-5372/5360 or (758) 452-7204
 - Vieux Fort: (758) 454-9351
 - Soufriere: (758) 457-1645

