Your "Response Ability": Understanding Youth Culture:

Concerns, Challenges, & Coping Mechanisms

Presented by:
FTC Prevention Services, LLC
PO Box 54742
Pearl, MS 39212
601.939.0020
www.marcfomby.com

Slide 2

Introductions

- · Who are you?
- Where do you work? Type of work?
- Why are you here? (what you hope to gain)
- Share something interesting about yourself (that not many people know)

Slide 3

Concerns

- If you work with youth, this is intended to help you better understand where "they" are (or might be)
- Information is geared to enlighten, explore, and engage
- We would like to establish and/or open lines of communication
- What about the adults who still operate in an "identity vs identify diffusion" state of being?

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Slide 4	

Change may be necessary

- On the part of the adults
- In the way we approach them
- In the way we think (about them and what they do)
- Thoughts, feelings, and actions
- Re-think what we thought
- Re-learn what we already know

Slide 5

Challenges/Conditioned?

- Think outside the box (white, house, toast)
- Remember when.... (you didn't know, didn't think things through, or thought you knew everything)
- Can you relate? Identify? Convey?
- Conditioning can begin again...

Slide 6

Responsibility

- The state or fact of being accountable or to blame for something
- The opportunity or ability to act independently and make decisions without authorization
- The state or fact of having a duty to deal with something or having control over someone.

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Ability to Respond

"Appropriately"

- Adults need help sometimes too
- Build your skills
- Skills, Knowledge, Attitudes (Abilities)
- We all need to know and understand the standard
 - By which we're being measured
 - -Acceptable / Unacceptable
 - -There's a time and a place for everything

Slide 8

Building Your Skills to Respond

- Appropriately

 How much do you know about the youth in your community?
- What do you know about the youth culture(s)?
 - Language

 - Music– Trends
- Be willing to meet youth where they are
- View the youth as a resource; YOUth are part of the
- YOU can make a difference!
- TOGETHER EVERYONE ACHIEVES MORE = TEAM

Slide 9

Are we at the table? (Youth)

Nothing About Us Without Us!

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Language

- What are they saying?
- What does that mean?
- Understanding slang terms

Slide 11

Knowledge is Power

- Explore their culture
- Experience their culture (life) with an open mind (your upbringing may have been different – doesn't mean theirs is wrong – your interest may be the catalyst to open
 more interest.
- Some adults have their heads in the sand
- To set the example, be the example

Slide 12

Things I discuss with them... (The Youth)

You're not the only one who...

Slide 13	Clues that there's something more to your anger You have a hard time compromising. Is it hard for you to understand other people's points of view, and even harder to concede a point? If you grew up in a family where anger was out of control, you may remember how the angry person got his or her way by being the loudest and most demanding. Compromising might bring up scary feelings of failure and vulnerability.	
Slide 14	Clues that there's something more to your anger You have trouble expressing emotions other than anger. Do you pride yourself on being tough and in control, never letting your guard down? Do you feel that emotions like fear, guilt, or shame don't apply to you? Everyone has those emotions, and if you think you don't, you may be using anger as a cover for them.	
Slide 15	Clues that there's something more to your anger You view different opinions and viewpoints as a personal challenge to you. Do you believe that your way is always right and get angry when others disagree? If you have a strong need to be in control or a fragile ego, you may interpret other perspectives as a challenge to your authority, rather than simply a different way of looking at things.	

Clues that there's something more to your anger

If you are uncomfortable with many emotions, disconnected, or stuck on an angry one-note response to everything, it might do you some good to get back in touch with your feelings.

Emotional awareness is the key to selfunderstanding and success in life. Without the ability to recognize, manage, and deal with the full range of human emotions, you'll inevitably spin into confusion, isolation, and self-doubt.

Slide 17

What's a Trigger?

- What upsets you?
- Pet peeves
- That one thing/word
- Avoid people, places, and situations that bring out the worst in you!

Slide 18

Conflict is Normal!

- Not being Hi-Jacked by anger!
- Understand feelings
- Use feeling words (ACTIVITY)
- Use "I" statements vs. "You" statements
- Create Alternatives You will get angry again
- It's ok to get angry!

Coping Mechanisms Youth Alternative Responses

- ✓ Take responsibility "response ability"
- ✓ Look at self
- ✓ Make it funny joke
- √ Have a plan for other activities (physical or mental exertion – what do you like to do?)
- ✓ Rehearse your ideas (thought process)
- √*The next time I get angry, I'll......

Slide 20

Provide Examples and Explanations

Overgeneralizing. For example, "You always interrupt me. You NEVER consider my needs. EVER/ONE disrespects me. I NEVER get the credit I deserve."

Obsessing on "shoulds" and "must." Having a rigid view of the way things should or must be and getting angry when reality doesn't line up with this

Mind reading and jumping to conclusions. Assuming you "know" what someone else is thinking or feeling—that he or she intentionally upset you, ignored your wishes, or disrespected you.

Collecting straws. Looking for things to get upset about, usually while overlooking or blowing past anything positive. Letting these small irritations build and build until you reach the "final straw" and explode, often over something relatively minor.

Blaming. When anything bad happens or something goes wrong, it's always someone else's fault. You blame others for the things that happen to you rather than taking responsibility for your own life.

Slide 21

Pay attention to the way anger feels in your body

Knots in your stomach Clenching your hands or jaw Feeling clammy or flushed Breathing faster Headaches Pacing or needing to walk around "Seeing red" Having trouble concentrating Pounding heart Tensing your shoulders

Adult Involvement

- · You are the anti....
- What are your "Expectations" of them?
- Are you actively involved? (more than lip service)
- Be consistent, be the secure door

Slide 23

What's important?

- Do you Love working with youth? Do you Love What you do?
- Is there Peace and Joy when you feel you've accomplished something? What about when you KNOW you've done the best you could?
- Do you believe in what you're doing? Do you believe you (it) will make a difference? Do you have Faith in your abilities, the youth you serve, the program?
- Is there a Hope for a better tomorrow? Hope for brighter futures? Hope you'll make a difference?

Slide 24

When you get those strange answers, questions, looks, or no response at all....

"from youth and adults"

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It Could Be This...

- Silence (no acknowledgment at all) = I wasn't talking to you, why are you calling me out? I'm not saying a thing!
- saying a thing!

 Ma'am? What? Hunh? = you didn't see me, catch me in the act, I'm not owning up to it

 Hunh, I didn't even do nothing = don't call on me, I don't know, I don't want the attention, I can't read, I'm not prepared, please leave me alone

 Who me? That wasn't even me = I need some attention, I just don't know how to ask for it
- Why you always picking on me? = you're trying to embarrass me and I'm not going to take it (look out probably followed by explosion)

Slide 26

Trends

- Hair
- Clothing
- Shoes
- Gangs
- Hangouts
- Technology
- Peer pressure
- Risky Behaviors (ATOD)

Slide 27

Understanding begins with meeting them where they are...

- Attitudes
- Sarcasm
- Smart Mouths Period
- Creative disrespect
- Generational differences
- *Common root Anger

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Slide 28	Meet them where they are • Music • Use, Misuse, Abuse of ATOD • Exploring with Risks Related Behaviors (Games) • Positive Peer Pressure	
Slide 29	What's your favorite song? Hook? What does that mean? What are they saying? Take away the beat Have you considered Do you think young people consider this?	
Slide 30	ATOD • Drinking • Pills • Natural means • Synthetic means • Other means	

Slide 31	Games • What is it they do? With what? • ATOD • Fun, Exciting, & Viral • What else can happen?	
Slide 32	Risks & Protective Factors Individual Peer School Family Society/Community	
Slide 33	It takes a village Community involvement Neighborhood activities Identify Stakeholders Investment / Buy In Each One, Reach One, Teach One	

lic	34

Activity

Slide 35

Who's responsible?

- Who is at the table?
- Who is NOT at the table? Why?
- What would you like to see different?
- What can be done?
- What can YOU do to help?
- Suggestions?

Slide 36

What is Anger and Why are they so Angry?

Slide 37	
Slide 38	

Anger Defined

'a feeling of great annoyance or antagonism as .the result of some real or supposed grievance; rage; wrath

2(tr) to make angry; enrage

Anger

The emotion of anger is neither good nor bad. It's perfectly healthy and normal to feel angry when you've been mistreated or wronged.

The feeling isn't the problem—it's what you do with it that makes a difference. Anger becomes a problem when it harms you or others.

Slide 39

Building Your Skills to Respond Appropriately

- How much do you know about the youth in your community?
- What do you know about the youth culture(s)?
 - Language
 - Music
 - Trends
- Be willing to meet youth where they are
- View the youth as a resource
- YOU can make a difference!

So, What's Your Role?

- Take Time, Make Time
- Know the village youth
- Stand for something or they'll fall for anything
- Remove own prejudices to help them where they are
- Step out of comfort zone
- Reach, Teach, Build Up



Slide 41

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Slide 42



			
		 	

Slide 43

FTC Prevention	Services
PO Box 54742 Pearl, MS 39288	
601-939-0020	
www.marcfomby.com	
marc@marcfomby.com	4
