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# I See You See: Teen Perspective Cycle

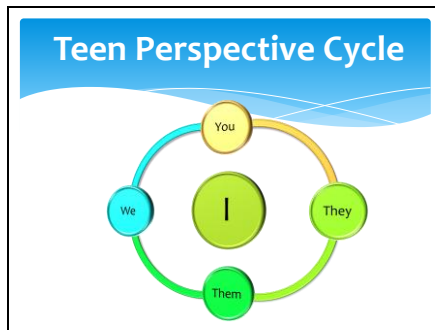
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## Goals / Objectives

1. Identify the various peer groups that influence and shape the lives of youth.
2. Define and identify situations involving stakeholders that have an immediate and/or delayed impact on youth perspective and responses.
3. Assess critical role of stakeholders vital to addressing challenges in better communicating with youth.

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### Understanding the Cycle

- \* **I** (Individual)
- \* **You** (Parents, grandparents, inside the circle)
- \* **We** (Peers, associates)
- \* **Them** (the other groups, I know them, but don't hang with them)
- \* **They** (Authority, media, influential role models – real/fake, etc.)

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### I and You

- \* Shapes Future
- \* The Finished Product
- \* The "You" group is where "I" will draw the most from in the future.



The diagram illustrates the relationship between 'I' and 'You' leading to 'Future'. It consists of three circles: a blue circle labeled 'I', a green circle labeled 'You', and an orange circle labeled 'Future'. A plus sign is between 'I' and 'You', and an equals sign is between 'You' and 'Future'.

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### Who is "We"?

- \* Friends
- \* People "I" relate to the most
- \* School Organizations
- \* Peer Groups
- \* Brothers/Sisters



The image shows a group of seven stylized human silhouettes in yellow, standing in a line against a black background. The silhouettes are of varying heights and are slightly tilted, suggesting a group of diverse individuals.

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### I and We

- \* I and We shape the Present
- \* Teenagers live in the new age of NOW!
- \* Everything is instant
  - "We are only focused on the now!"




The diagram consists of three circles in a row. The first is orange and contains the letter 'I'. To its right is a white plus sign. The second is green and contains the word 'We'. To its right is a white equals sign. The third is teal and contains the word 'Present'.

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### Who is "Them"?

- \* "I don't fool with them!"
- \* Peer Groups that I don't relate to.
- \* The kids down the block.
- \* Outcast
- \* I don't readily identify with "them".



A photograph showing two young girls sitting on a metal bench outdoors. The girl on the left is wearing a dark jacket and a headscarf, looking towards the camera. The girl on the right is wearing a patterned dress and is looking away from the camera.

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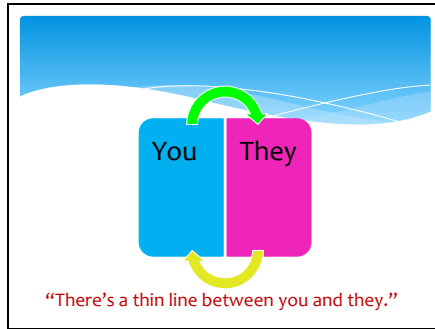
### Who is "They"?

- \* Juvenile Justice System
- \* Social Media
- \* Judges
- \* School Teachers
- \* Caseworkers
- \* Police Officers
- \* Public Icons



A photograph showing a young girl with a headscarf being interviewed by a man in a dark suit and tie. The man is leaning in and speaking to the girl. An American flag is visible in the background.

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### 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!**

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### Conflict is Normal!

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

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### 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.....**

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### Provide Examples and Explanations

**Overgeneralizing.** For example, “You always interrupt me. You NEVER consider my needs. EVERYONE disrespects me. I NEVER get the credit I deserve.”

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

**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.

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### 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

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### 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!

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### Language

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

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### 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 communication)
- \* Some adults have their heads in the sand
- \* To set the example, be the example



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**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



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**Protective Factors**

- ✓ **Individual Characteristics**
- ✓ **Bonding Opportunities (positive role model)**
- ✓ **Healthy beliefs and clear standards**

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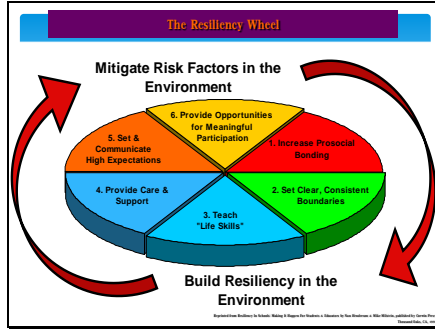
*Help the "**bonding**" process by providing...*

***Skills***

***Opportunities***

***Recognition***

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### 10 Tips to Help

**No. 1: Take a timeout**  
Counting to 10 isn't just for kids. Before reacting to a tense situation, take a few moments to breathe deeply and count to 10. Slowing down can help defuse your temper. If necessary, take a break from the person or situation until your frustration subsides a bit.

**No. 2: Once you're calm, express your anger**  
As soon as you're thinking clearly, express your frustration in an assertive but nonconfrontational way. State your concerns and needs clearly and directly, without hurting others or trying to control them.

Source: adopted from [www.mayoclinic.com/health/anger-management](http://www.mayoclinic.com/health/anger-management)

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### 10 Tips to Help

**No. 3: Get some exercise**  
Physical activity can provide an outlet for your emotions, especially if you're about to erupt. If you feel your anger escalating, go for a brisk walk or run, or spend some time doing other favorite physical activities. Physical activity stimulates various brain chemicals that can leave you feeling happier and more relaxed than you were before you worked out.

**No. 4: Think before you speak**  
In the heat of the moment, it's easy to say something you'll later regret. Take a few moments to collect your thoughts before saying anything — and allow others involved in the situation to do the same.

Source: adopted from [www.mayoclinic.com/health/anger-management](http://www.mayoclinic.com/health/anger-management)



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### 10 Tips to Help

**No. 5: Identify possible solutions**  
Instead of focusing on what made you mad, work on resolving the issue at hand. Does your child's messy room drive you crazy? Close the door. Is your partner late for dinner every night? Schedule meals later in the evening — or agree to eat on your own a few times a week. Remind yourself that anger won't fix anything, and might only make it worse.

**No. 6: Stick with 'I' statements**  
To avoid criticizing or placing blame — which might only increase tension — use "I" statements to describe the problem. Be respectful and specific. For example, say, "I'm upset that you left the table without offering to help with the dishes," instead of, "You never do any housework."

Source: adopted from [www.mayoclinic.com/health/anger-management](http://www.mayoclinic.com/health/anger-management)

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### 10 Tips to Help

**No. 7: Don't hold a grudge**  
Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. But if you can forgive someone who angered you, you might both learn from the situation. It's unrealistic to expect everyone to behave exactly as you want at all times.

**No. 8: Use humor to release tension**  
Lightening up can help diffuse tension. Don't use sarcasm, though — it can hurt feelings and make things worse.

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### 10 Tips to Help

**No. 9: Practice relaxation skills**  
When your temper flares, put relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as, "Take it easy," — whatever it takes to encourage relaxation.

**No. 10: Know when to seek help**  
Learning to control anger is a challenge for everyone at times. Consider seeking help for anger issues if your anger seems out of control, causes you to do things you regret or hurts those around you. You might explore local anger management classes or anger management counseling.

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**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.

**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.

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**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.

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 self-understanding 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.

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**Remember,**  
**Programs don't**  
**change kids...**  
**Relationships do!**

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A professional headshot of a man with a beard and glasses, wearing a dark suit, white shirt, and patterned tie. The background is a soft, light-colored gradient.