

Thursday, April 26, 2018

The Grown-ups Guide to Teenage Humans

Josh Shipp

<https://joshshipp.com/>

Think of a time you were on a roller coaster ride

There was a some part time 16 yr old employee pushing down the lap safety bar

What is the first thing you do moments after they pushed it down?

YOU TEST IT.

You test it, to confirm that it will hold

Teenagers will do the exact same thing to you.

Like the lap bar on the roller coast, **teens will test you** to see if you will hold

When teens test us, we believe it is unbelievably personal. It will cause you to flip in or flip out, to take it personally. Cause us to be overly harsh and overly controlling.

Just like we had nothing personal against the lap bar, it is the same with teens. They are little freaked out, and just wanted to make sure.

The teenage years are a roller coaster.

They will test you and push you, not because of what you did, but of what some did prior to you and they think they will repeat the behavior.

If the first lap bar failed, the next one was fine, you push harder because you believe this "Right one" was the anomaly.

Thursday, April 26, 2018

Teenagers are masters of mis information

If you interpret them pushing the bar in the wrong way, you will self-sabotage...if not worse.

"Get away from me, I don't need you!" could it be we are just mis interpreting this?

Research - When mom and & dad have a kid 52 minutes a day quality time, teenager goes to 26 minutes a day quality time

March 2015 harvard teenager turns out ok, teenager had so much potential what was the difference?

Center on Developing Child Harvard University. **Every child who winds up doing well has had at least One stable and committed relationship with a supportive adult**

Big Idea #1 Vulnerability leads to vulnerability

get them to talk about things they don't want to talk about

pep talk, qualified, connections...

I am currently lying to my parents about

9% nothing

9.5% everything

19.6% sexual activity

31.6% suicidal thoughts

14% porn

16.3% Drugs

What I need these teenagers to talk to me about are these thing.

if it is awkward and difficult, when is the last time you talked to them about something that is awkward or difficult?

appropriate self disclosure - triggers something in them that allows them to come back at you with something just as difficult

I'll at least take the next step...

3 practical ways to have an awkward/difficult/challenging conversation

1. to see or not to see - if you need to have conversation with a girl, it is best to have it face to face. Face to face conversation for girls means we are in a good place. Opposite for a boy, best is to have it side to side, not face to face. view face to face as confrontational.
2. Name the elephant in the room. You and I are about to have an awkward conversation about_____. What is freaking out, get it out sentence 1. It gives them a shred of control in a situation that feels totally out of control. Gives them a little bit of boundary and safety
3. Give them a mile marker. sentence #2 this is how long this conversation is going to last. Gives them a little bit of control. Use appropriate self disclosure
 1. heal the word, reveal the scar - you've dealt with, awkward, you have perspective
 2. IT IS OUR IMPERFECTION THAT MAKE US HUMAN AND OUR HUMANITY THAT MAKES US INFLUENTIAL

Big Idea #2 Intentionally Call Your Shot

All the chaos in life, that we have zero control over

This is the thing I can control.

Here is what I am going to do. That you can count on me to do.

The Babe Ruth method

1. call your shot
 1. helps earn trust, they don't know you well. Situation where adults let them down. You use the Babe Ruth Method. Use weird times with teens (it stands out) Why the unusual, quirky, you are communicating something more important. Communicate that I am someone he can trust

Thursday, April 26, 2018

1. It aint about the cleats, haircut, or ride.. its about building the anticipation and the follow through (sometimes we jump to this and blindside it) Teenagers are asking are there adults out there that I can trust.
2. to you and I, those things are fairly 1/32 things to do that day. BUT TO THAT KID IT CAN MEAN EVERYTHING.
3. When you know you can follow through, call your shot!!
4. Even when you are bad guy, with a consequence... WHEN YOU DO THIS I WILL DO THIS.. as long as it is clear and pre-communicated. Even that is babe ruth method, it builds trust

Big Idea #3

Redirect the annoyance

We have all had moments when we undervalue a teenager

what will eventually will be their greatest gift for a teenager, first bubbles to the surface as an annoyance

That annoyance, we as adults want to crush it (persistence, defiance, breaking down our logic, etc.)

What if a kids most annoying trait is their biggest talent in disguise?

How do we not dismiss this talent, because it first greets us as an annoyance?

Gallup Research

Successful people identify and refine their talents so that their talents become their strengths.

Wishful thinking is not a strategy

annoying trait —> to talent —>this is my strength

This happens whens that teenager has at least one caring adults who redirects the annoyances and cultivates the talent.

Thursday, April 26, 2018

Your responsibility to connect them where they can cultivate that talent

MOVE FROM CONTROL TO INFLUENCE.. this is how you do it.

Don't miss it, redirect it and help cultivate it

tech savviness with tech maturity... don't confuse them

not about tactics, about the mental game

our value is not based on what some teenager has to say in a moment of testing

Those are the people that makes a differ

Every kid is one caring adult away from being a success story.

Make that connection

when teens are hurting they turn to SOMEONE not to an organization

jump through these hoops, been strategic with your approach and engage teenagers.