



## **Hibiscus Coast Grandparents Parenting Grandchildren Inc.**

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### **Newsletter - August 2017**

Hello,

My apologies that this month's newsletter is coming to you a little late. I hope you are all keeping warm and free from the nasty colds, flus and bugs that are going around at the moment.

This month we had **Jono Dempsey from Coast Youth Community Trust (CYC)** visit with us. Jono explained the services that they offered.

24/7 Youth Work – their aim was to work alongside young people and be their “cheerleader.” They offer support and a listening ear, he stressed that they were not counsellors. They are based in Whangaparaoa College, where they hang out at lunchtime as well as circulate in classes when asked. 24/7 Youthwork is also offered in other colleges around the country. They also offer one on one support to young people. A referral is to be made to CYC Trust if you are interested in this for your young person. I have attached the referral form.

Year 12 Learners – this is an alternative education programme for young people who do not fit into mainstream school. They offer level 2 NCEA and are practically based.

Youth Services – this is open to all colleges. They provide assistance with obtaining a learner driving license; CV writing skills; interview practice; support young people in getting a job or in training.

If you are interested in any of these services please contact Jono Dempsey at [jono@cyctrust.org.nz](mailto:jono@cyctrust.org.nz)

It can be tricky at times to get your teenage boy to talk, Jono suggested doing something regularly with them (i.e. throwing a ball around, going for a walk) and while they are distracted chat with them.

Be open about what you remember what it was like when you were a teenager, the awkwardness you may have felt, liking a girl or boy.

Jono encouraged us to be your teens “go to person”. Be the one they want to come to when they need to talk. Try to listen without reacting, reflect on what they are saying.

It was suggested for all devices to be used in the lounge not in the bedroom, it is difficult for your teen to hide anything when they are out in the open.

A teenager’s brain is very reactive, they tend to operate in “cave man mode.” They tend to think about the here and now and can be very “me” focussed.

**“Your response is your responsibility”**

If your teen comes to you with a situation is your response to them rationale, or is it reactive. This can apply to your teen as well help them to learn to react responsibly.

If you have younger children and they do something wrong. Ask them what they think would be a good punishment. If they can’t think of one have 3 default ones that they can choose from.

Identity is so important to your teenager. Have a conversation with them about who they think they are and what is their identity.

**Rainbows End Event, Sunday 10<sup>th</sup> September** – Blue Light are taking a group of 10 -13 year olds to Rainbows End, they are leaving around 8.30am from the Whangaparaoa Police Station. I will have more details closer to the time. There is no cost for this event. If you would like your child to go please let me know as soon as possible so I can pass their name on.

Next month we have our **AGM, Wednesday 6 September @ 11am**. I hope that you are able to make it.

Take care,

Sonia

