



## Teen Independence : How to Support It



Teens are working out their own identities, and finding where they fit in the world. Your child is likely to want more control over things like socializing, behavior and appearance. As part of this process, your child might test boundaries and question people he or she sees as authority figures – especially you. This might look like a recipe for conflict, but it doesn't have to be.

### **Provide safe opportunities for your child to exercise independence.**

Activities that are safe and supported, but that give your child freedom and time away from you, can help your child:

- learn new skills and test new abilities
- take positive risks
- foster a sense of belonging
- build resilience.

### **Help your child develop decision-making skills.**

When your child needs to make a decision, a problem-solving approach can help her develop independent decision-making skills. This involves:

- finding out about different options
- talking about the pros and cons of different actions
- weighing up the pros and cons to make the best decision
- brainstorming what to do if things don't go according to plan
- giving your child feedback on how she handles the process.

### **Establish clear and fair family rules.**

Clear family rules about behavior, communication and socializing will help your child understand where the limits are and what you expect. Rules will also help you be consistent in how you treat your child. Once the rules are in place, apply them consistently.

## Safe Homes Network Adds Easy, New Way to Renew Pledges



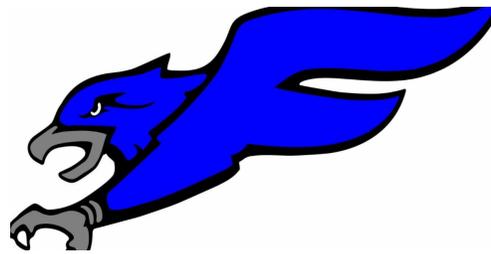
The Safe Homes Network consists of nearly 600 Fountain Hills' families that have taken a pledge not to allow vaping, underage drinking or drug use in the home. During this year's Safe Homes Network drive you can receive \$20 cash when you renew your Safe Homes Network pledge or take the pledge for the first time!

If you have a child registering for high school this year (2020-2021), you can receive \$20 for renewing or taking the Safe Homes Network pledge before August 31st.

For new pledges please click [HERE](#) to take the pledge

Renewing pledges please text "RENEW" to 833-340-0021

*\*One per household. Msg&Data rates may apply. \$20 to be mailed to the home address provided on pledge form. Please allow 45 days. \*\* Funds generously donated by the Verne C. Johnson Family Foundation. \*\**



## Welcome New Administration!

The Fountain Hills Coalition would like to welcome our newest FHUSD Administration: Superintendent Ms. Kelly Glass, FHMS Principal Mr. Jeff Markle, and FHHS Principal Mr. Kris Alexander! The FH Coalition leadership and volunteers are excited to collaborate with them to provide a safe, healthy environment for the youth of Fountain Hills