

Parents and Caregivers' Information Sheet

Grade 10 - 2024-25

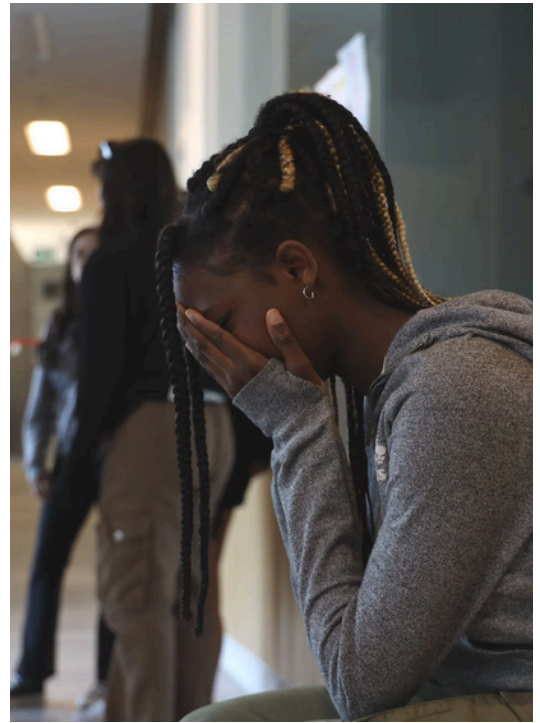
EMOTION REGULATION AND CONFLICT MANAGEMENT

HOW CAN I HELP MY TEEN DEAL WITH THEIR ANGER?

Emotions provide us with important information about our condition at all times. They can be a manifestation of fear, anger or sadness and, of course, joy, excitement or confidence. As they grow, young people use emotions as tools for expression and communication with those around them. As an adult, you can help develop their emotional self-regulation by comforting them in times of distress, demonstrating quietude and empathy, and praising the reactions you want to encourage. Young people learn to deal with challenges that affect them emotionally on their own. [Here](#) you will find an interesting article from Kids Help Phone about emotional self-regulation.

If your teen's anger erupts during one of your interactions, try, if possible, to model healthy conflict resolution techniques:

- Choose a good time to speak: after calming their anger, when the other person is ready to speak
- Listening actively: being attentive to the feelings of the other
- Communicate assertively: reference sheet for workshop 3 of the 10th year
- Negotiate: listen to the other - share your feelings and find an agreement



A DISCUSSION ON EMOTIONS ACCORDING TO ISABELLE FILLIOZAT (PSYCHOEDUCATOR)

- Start the discussion with empathy:
 - "I see it's hard for you," "you look happy," "I feel like you are sad ..."
- If the other closes up, do not push. Reassure them:
 - "You are clearly touched by what I have told you and you do not know how to respond, it's difficult for you to tell me about it..."
- Then say what you are feeling:
 - "When you don't answer me, I feel sad, I need to feel the connection with you...". Then pause to allow silence.
- Listen to them and encourage them with "reflective phrases." If they say "I hate you", answer "you are mad at me." Or make sounds like "um," "yes," or nod to show your undivided attention without interrupting. Avoid "why," reproaches, judgments, self-defense reflexes, etc.
- Facilitate their expression and guide them to find and verbalize the need behind each emotion.

HOW TO SUPPORT MY TEENAGER THROUGH CONFLICTS AND ROMANTIC BREAKUPS?

Adolescence is a time of self-discovery and the quest for autonomy. As a parent, it is normal to feel that your teens are trying to take a step back, that they prefer to be with young people their age and to confide in them. It's not false. That said, the B.C. Adolescent Health Survey (2018) clearly shows that feeling connected to your family is a very strong protection factor for teens; as is having an adult in their family they can talk to if a serious problem arises.



ANGER MANAGEMENT TECHNIQUES

It may be interesting to add personalized elements to this list that will concretely help your child (eg: write, play sports, get some fresh air, draw, etc.).

However, here are some suggestions on managing anger:

- Conscious breathing (or any other relaxation technique)
- Clench your fists and relax them (you can also try doing this with other parts of the body like your feet or shoulders)
- Feel your body anchored in the chair or your feet anchored to the ground
- 5 - 4 - 3 - 2 - 1
 - Identify 5 things I can see
 - Identify 4 things I can touch
 - Identify 3 sounds I can hear
 - Identify 2 things I can smell
 - Identify 1 thing I can taste
- To be repeated in their head:
 - "I am angry but I am not a violent person. I am angry, but I have the ability to calm my emotions. I'm angry but I don't want to hurt others."

What is crucial for young people, and for adults, is finding the way of anger management that works best for everyone. If you are having difficulty managing anger it may take longer to find a way that works for them, be patient and continue to encourage them.


THE IMPORTANCE OF A PARENT / GUARDIAN IN RELATIONSHIPS

Conflicts, even those that may seem trivial to parents, are often difficult for adolescents. The same goes for breakups, no matter how long the relationship is. Most early romantic relationships do not last a lifetime. It's normal for teenagers to go through more than a "short" relationship. It is a time of discovering your emotions, your needs, as well as those of others. During this period of discovery, they have as much to learn from breakups as they do from the relationships themselves. Your teen may be sad, or confused, or upset, and not understand what happened or why. This is a good opportunity to support your teen through these stages and teach resilience.

SOME TIPS TO SUPPORT YOUR TEEN:

- You do not have to find the right thing to say: just be there and listen to them;
- Let her complain: By expressing their feelings, emotions shift from emotional processing to logical processing, which allows feelings to be processed and managed.
- Encourage them to talk to their friends: receiving support and validation from their friends strengthens friendships and makes them feel less alone.
- Help set up a routine: a feeling of loss of control after a breakup is normal.
- Encourage self-care: do things they love and remember that they can have fun without the other person.
- Emphasize that breakups should not be violent. They felt love for this person. Even if the feelings are painful, or they feel cheated, encourage them to remain respectful and deal with conflict in a healthy way.

Resources

 **Important!** If you are concerned about your adolescent's health, ask a professional for help, or call the helplines mentioned below.

Do not hesitate to communicate with the school staff: the counselor, the teacher or the principal. Your family doctor can also help, as can the following resources:

- **Kids Help Phone:** to confide in somebody, 24 hours a day, seven days a week. Anonymous and bilingual. Toll-free number: 1-800-668-6868. kidshelpphone.ca
- **Phobies-Zéro (French only):** support and self-help group for people with anxiety, panic disorders, phobias and agoraphobia. 514-276-3105 or toll-free 1-866-922-0002.



RESOURCES IN FRENCH

- [L'adolescence, tsunami émotionnel et cognitif](#)
- [Livre : On ne se comprend plus! : traverse sans dommage la période des portes qui claquent entre 12 et 17ans, par Isabelle Filliozat, Marabout, DL: Vanves, 2019](#)



RESOURCES IN ENGLISH

- [5 emotion regulation techniques](#)
- [Help your teen through a breakup](#)
- [Support teens to release their emotions](#)

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