



January 2010

Schools Scheduled For January

Kettering MS
 Wantz MS
 Chaminade Julianne
 Beavercreek HS
 Ferguson MS
 Smith MS
 Dunbar HS
 Ankeney MS
 Eastmont Elementary
 Dixie MS
 Dixie HS

Schedule a program at your school, youth group, club, or organization. Call us at 276-9248 or e-mail us at:

askalex@elizabethnewlife.org

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Prescription For Teen Dating Do's and Don'ts

Talking to children about relationships is something that should start long before the first date. More than ever, teens will need their parents to provide guidance and boundaries when they are ready to start dating says Dr. Marilyn Maxwell, M.D., professor of internal medicine and pediatrics at St. Louis University and contributing author to both *Questions Kids Ask About Sex: Honest Answers For Every Age* and *Focus On The Family's complete Guide to Baby and Child Care*.

Set the ground rules and stick to them. Guidelines can range from curfews to acceptable activities. Some parents also require the date to first spend time getting to know the family.

Consider your child's maturity level. Many parents set a certain age, say 16, for dating, but not all children mature at the same rate.

Encourage group activities rather than solo dates, especially for younger teens.

Incorporate dates into family activities. This time should not be used to drill the date, but to get to know him and have fun together.

Be involved in your child's plans. Know where he is going, with whom and when he will be home.

Provide supervision. Leaving children alone for hours or not requiring accountability is a set-up for undesirable behavior.

Watch for dangerous behaviors. Examples would be rollercoaster emotions, neediness, isolation, verbal disrespect or physical abuse.

Pick your battles. Don't forbid a relationship unless it is abusive, controlling or isolating. Maxwell also says teens shouldn't date someone more than two years older because of maturity differences.

If your child has already had sex, tell her that it is never too late to start making good decisions and encourage her to make a commitment to wait until marriage.

Loosen up the reins. While parents need to set appropriate boundaries, it's important to entrust your teen with increasing responsibilities to manage themselves.

Parents need to share their values and expectations with their children. It's not inevitable that a teen will become sexually active, particularly if you let her know how you expect her to act.

Taken, in part, from Prescription For Teen Dating Do's And Don'ts: Parents Should Talk Openly, Set Limits, Dr. Marilyn Maxwell, M.D., www.medicalnewstoday.com/articles/97756.php.

UPCOMING EVENTS



Sunday, January 31 @ 12:30pm
 Canaan Community Conf. Center
 1306 Salem Ave., Dayton
 (corner of Salem and Cornell)
 \$20 Entry Fee; \$5 to taste



February 1-3 @ 6-8pm
 Intended for adults and teens. Not suitable for children 12 and under.

JAM The City
5K Run/Walk, Concert, Speakers, Food

April 17
 Run/Walk Begins @ 9am
 Event Ends @ 3pm
 Dayton Women's Club
 Early Bird Registration: \$20/person