

Meeting Minutes (DRAFT)
Homestead Parents Club Meeting-Community Room
Wednesday, March 15, 2017 at 7:00 pm

Start time 7:02 am

Present: *20 attendees including Homestead HS Guidance Counselors Amy Hamilton and Alyssa Braman. Heather Wilcox, HHS Parents Club President, Tina Keinsley, HHS Parents Club Vice-President, and Elizza Wesner, HHS Parents Club Secretary.*

Welcome by Heather Wilcox, President.

Guests: Scott Haddix and Lindsey Miner from the RespectTeam <http://www.respectteam.com>

- The Respect Team's goal is "to bring respect back around. Somehow, the idea of respect seems to have forgotten in today's culture. Teen culture says that respecting yourself and respecting others isn't important. The RespectTeam wants to change that by teaching students how respect has the power to change their lives for the better."
- The RespectTeam is a non for profit organization that focuses on teens and helps them feel they they are unique and are valuable individuals.
- Tonight's Empowerment Session focused on Coping with Stress and Anxiety and your teenager.
- The presentation included these facts:
 - "When you are stressed out as a teenager, it's interfering with your ability to make decisions. It's interfering with how the brain functions in regions that are still developing, mainly the reward system and prefrontal cortex."
 - Forming close relationships, maintaining social networks, having creative outlets, getting regular physical activity, being mindful, not abusing drugs or alcohol and getting a good night's sleep will help a teenager cope with their stress.
- www.youtube.com/watch?v=NVIU-S0fSEI
- The above You Tube video follows one teenager's, Kinsey, journey with her anxiety diagnosis and how she found her own unique way of coping.
- RespectTeam is in collaboration with Parkview Behavioral Health. Parkview Behavioral Health has developed a new curriculum for the RespectTeam which will be presented during Health Class at Homestead High School beginning the 2017-2018 school year
- Teenage brains are unique and are still developing. For this reason, they tend to be thrill seekers, emotional, and reactive.
- Parents should not minimize the stress and anxiety of their teenager.
- It was recommended that each parent uncover their child's unique personality so that the parent can better understand the best way to communicate and handle challenges with their child. For example, certain personality types, who are dealing with stress and anxiety, need physical activity or private solitude or a creative outlet to feel in control and to calm them.
- There are many free personality tests online for your teenager to take when they are willing. The results will help them and will help you, the parent.
- Teenagers need specific tools/practical techniques to handle stress and anxiety. One example is to learn a grounding technique: Pick a spot to focus on, feel the breath go in through your nose and out of your mouth, listen to the breath coming out of your mouth, and to count on your fingers each time that you breathe.

Meeting adjourned at 8:15 pm