



Shri Minds

Wellness Newsletter

Namaste Parents! Greetings and Warm Regards!

You ask and we deliver! We are back to open up a dialogue focusing on child, development and you. The crucial formative years of Childhood and adolescence are heavily impressionable. The visuals watched, the emotions experienced, the memories formed and values inculcated are easily imprinted on the young minds and last relatively longer.

With an emphasis on this thought, come join us in this edition of Shri Minds where we discuss about balancing our self; being wary of peer pressure and consuming age appropriate content.

Along with that, we have our usual handy tips to help you ace the parenting game. So, without a further ado, lets dive right in!



Peer influence and peer pressure

Peer influence is when you choose to do something you wouldn't otherwise do, because you want to feel accepted and valued by your friends. It isn't just or always about doing something against your will.

You might hear the term 'peer pressure' used a lot these days. But peer influence is a better way to describe how teenagers' behaviour is shaped by wanting to feel they belong to a group of friends or peers.

Peer pressure and influence can be positive. For example, our children might be influenced to become more assertive, try new activities or get more involved with active participation.

But it can be negative too. Some teenagers might choose to try things



they normally wouldn't be interested in.

Peer pressure and influence might result in teenagers:

- choosing the same clothes, hairstyle or jewelry as their friends
- listening to the same music or watching the same TV shows as their friends
- changing the way, they talk or the words they use
- doing risky things or breaking rules
- working harder at school or not working as hard

Being yourself: a balance for peer pressure and peer influence

It's normal to worry that your child is being influenced too much by their peers, or that they're compromising on their values (or yours) to fit in with their friends. It's also normal to worry that your child won't be able to say no

if they get pressure to try risky things, like missing classes, school or trying out unsafe things.

But listening to the same music and dressing in the same way as friends doesn't necessarily mean that your

child will also do antisocial or risky things.

If your child is happy with who they are and their choices and values, they're less likely to be influenced by

other people. Your child might choose to do some things that their friends do, but not others. And your influence is important here – it's the biggest factor shaping your child's values and long-term choices.

With your influence and a strong sense of themselves, it's more likely your child will know where to draw the line when it comes to peer pressure and influence.

Helping pre-teens and teenagers manage peer pressure and peer influence



Coping well with peer influence is about getting the balance right between being yourself and fitting in with your group. Here are some ideas to help your child with this.

success, and to keep trying even when things are hard. Praising your

Build teenage confidence

Confidence can help teenagers resist negative peer influence. That's because confident teenagers can make safe, informed decisions and avoid people and situations that aren't right for them.

You can build your child's confidence by encouraging them to try new things that give them a chance of

child for trying hard is important for building confidence too.

You can also be a role model for confidence, and show your child how to act confident as the first step towards feeling confident.

Build Teenage self – compassion

Self-compassion is being kind to yourself and treating yourself with the

same warmth, care and understanding you'd give to someone you care about. When teenagers have self-compassion, it can help them handle any stress and anxiety related to peer influence.

A **strong relationship with you** helps your child feel loved, accepted and secure. It's important for teenage self-compassion.

Keep the lines of communication open

You can do this by **staying connected** to your child. This helps your child feel they can come to you to talk if they're feeling pressured to do something they're uncomfortable with.

Suggest ways to say no

Your child might need to have some face-saving ways to say no if they're feeling influenced to do something they don't want to do. For example, friends might be encouraging your child to try smoking. Rather than simply saying 'No, thanks', your child could say something like, 'No, it makes my asthma worse', or 'No, I don't like the way it makes me smell'.

Give teenagers a way out

If your child feels they're in a risky situation, it might help if they can text or phone you for back-up. You and your child could agree on a coded message for those times when your child doesn't want to feel embarrassed in front of friends. For example, they could say that they're checking on a sick grandparent, but you'll know that it really means they need your help.

If your child does call you, it's important to focus on your child's positive choice to ask you for help, rather than on the risky situation your child is in. Your child is more likely to ask for help if they know they won't get into trouble.

Encourage a wide social network

If your child has the chance to develop friendships from many sources, including sport, family activities or clubs, it will mean they've got plenty of options and sources of support if a friendship goes wrong.

When you're worried about peer pressure and peer influence

Encouraging your child to have friends over and giving them space in your home can help you get to know your child's friends. This also gives you the chance to check on whether negative peer pressure and influence is an issue for your child.

Good communication and a positive relationship with your child might also encourage your child to talk to you if they're feeling negative influence from peers.

If you're worried your child's friends are a negative influence, being critical of them might push your child into seeing them behind your back. If your child thinks you don't approve of their friends, they might even want to see more of them. So it's important to talk and listen without judging, and

Having friends and feeling connected to a group gives teenagers a sense of belonging and being valued, which helps them develop confidence. Friendships also help teenagers learn important social and emotional skills, like being sensitive to other people's thoughts, feelings and wellbeing.

When to be concerned about peer influence and peer pressure

If you notice changes in your child's mood, behaviour, eating or sleeping patterns, which you think are because

of their friends, it might be time to have a talk with your child.

gently help your child see the influence their peers are having. This might mean talking with your child about behaviour you don't like rather than the people you don't like. For example, you might say, 'When you're with your friends, you often get into fights'. This can be better than saying, 'You need to find new friends'.

It can help to compromise with your child. For example, letting your child wear certain clothes or have their hair cut in a particular way can help them feel connected to their peers, even if you're not keen on blonde hair or ripped jeans. Letting your child have some independence can reduce the chance of riskier choices.

Some mood and behaviour changes are normal in pre-teens and teenagers. But if your child seems to be in a low mood for more than 2 weeks, or their low mood gets in the way of things they normally enjoy, they might need support for their mental health.

Warning signs include:

- low moods, tearfulness or feelings of hopelessness
- aggression or antisocial behaviour that's not usual

- sudden changes in behaviour, often for no obvious reason

- trouble falling asleep, staying asleep or waking early
- withdrawal from activities
- loss of appetite or over-eating
- Reluctance to go to school

More Reading

- www.raisingkids.com
- school of social Networks



Fun time — Bonding Time

Picture Puzzler

If you find the correct letter for each clue, you'll spell a word that should make you happy!

1. Find a letter that is in  but not in  _____

2. Find a letter that is in  but not in  _____

3. Find a letter that is in  but not in  _____

4. Find the letter that is in  but not in  _____

5. Find a letter that is in  but not in  _____

Write your letters again here to spell a happy word: _____

Emotional Intelligence Word Search

X H O L O H H H D X T C O N F U S E D L C T A N
 Y Z G O R L T E X N V U F I C J F X P R M G C N
 C W P E S S V C R N F O S O J W S X F Y R G O U
 U O V Q P I L T J E F L L Y X E X G L T V I P K
 H Z C F L F P L M P C T V N M F E H F R T R A E
 Z P X A F J V A I O T Z E O F K G Z O A R L S G
 M G R X P D Y R Y K S N T J O C Z D C J V S S G
 J O L J N A Z P Q L S I E I V I G I P H W C I B
 K Q T S N G F K O N O L S R M L N A N E D H V W
 W M F I O X O V Q N G K A M E U X A A A D N E F
 Y B I E V T E O S J Q T M I M F L M N T J I A R
 H Y U H E A Y U D L T H N M C F F W A U B G G Q
 T I H G M L T X Z W W D O A V O W I K I A M G T
 A E F T N Z I I J L F C Y E S C S U D X X H R Y
 P W M S D X I N O A X S P B V A A H Z N K C E K
 M S P A S C X M G N S U H A D O E O X K I M S H
 E F Y U X I H B O S E A L V S W X L E D V R S X
 Q W I I B M H J E D P L V K B S P Z P W D H I T
 G P O K G L V B O P B S J I V F I B R N N M V F
 K I C M S N R V Y U Y C I K W W Z V G K U B E R
 D Q S E L F A W A R E N E S S H T U E S P N K B
 Q P B J K H M R S W V E V I T R E S S A Z F I L
 E A Q T F A N M N E H B Q M Q Q A N B J L P U S
 Y X N O I T A L U G E R F L E S E Y S F R M C G

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|---------------|--------------------|----------------|------------|
| Communication | Passive-Aggressive | Assertive | Passive |
| Indifferent | Confused | Love | Good |
| Alive | Happy | Open | Unpleasant |
| Feelings | Emotions | Social Skills | Empathy |
| Motivation | Self-regulation | Self-awareness | |

Your child and age-appropriate content

How can we protect our children from the new digital social situations that they increasingly find themselves in?

When discussing the challenges in keeping children safe online, or keeping up to date with the latest messaging platform or device, “S/he knows how to use it better than I do” is becoming a frequently heard phrase in parenting circles. Hands up how many parents have started to treat their child as their in-house IT department? Sure, there are plenty of tech-savvy people in the older generations, but the emerging picture is one where younger people are more at home with digital environments – small surprise, given that 8- to 15-year-olds are spending twice as much time on the internet than they were 10 years ago.

Keeping up with digital dangers

For children seeking to grasp some form of control in life, the digital world over which they have such easy mastery (while their most relevant authority possibly struggles) becomes the perfect medium for demonstrating their independence. And what a great place to thrive! Facts, games, videos,

friends – the world at your fingertips. But while a treasure trove of opportunity, the digital world is also full of miscreants and real low lives – a platform that allows bad intentions to easily rub shoulders with the good.

Parents are able to educate about the more obvious dangers that can be compared to offline dangers: “Tell me if a stranger talk to you in the park” becomes “Tell me if someone you don’t know talks to you in the chat room”. Advice on less obvious but no less important elements such as viruses, online privacy and phishing can be discovered in modern parenting books, and are often as much use to the parent as to the child they are educating.

Failing to protect

But what about potentially damaging opportunities that arise from new digital social situations? With technology progressing at breakneck speed, these can be harder to spot, and harder still to control. Take age-restricted content, like films.

Watching films through streaming services such as Netflix and Amazon Prime is becoming the norm. At the same time, we watch films on multiple devices, from multiple locations. This means that two previously effective methods of access control immediately fail: keeping the films physically out of

reach, or sending children to bed before the watershed.

Some platforms allow you to create user profiles that only allow access to certain films, but, bewilderingly, it is simple to change the user profile you are using to one that has more access. A pretty fatal flaw in the system (looking at you, [Netflix](#)).

And let's not spend too much time analyzing the fairly ridiculous 'honor system' in some platforms like YouTube. You know the one, where, before playing a video, you need to 'solemnly swear' you are 18+.

Intelligent judgement must be exercised here, depending on the nature of the content: it's an incredibly subjective field. I, for example, grew up on a diet of Kung Fu and James Bond movies – violent, yet somehow innocent enough to escape my parents' censorship. Perhaps if it was only this type of content that was being accessed, this issue would not be such a concern. Sadly, worse things, like sexually explicit films, are being watched by underage children: ChildLine found that one in five of nearly 700 youngsters surveyed said they had seen pornographic images that had shocked or upset them. [ATVOD research](#) found that one in 35 of children aged 6-11 had accessed pornography in a given month in 2013, rising to one in 10 of those aged

6-18. Access was particularly pronounced for teenage boys.

Offering protection but avoiding restriction

Despite our best efforts, sometimes things have a way of happening regardless. We can see that under current processes, a determined child can find their way to, and access, restricted online videos despite parents' attempts to stop them. Whether that's through lying about their age in honor system websites, switching user profiles, or even simply visiting a friend's house where controls are not so stringent.

And speaking of friends, the internet being the excellent collaborative environment it is, it's entirely possible your children and their friends work together to find ways around controls. Don't believe us? Try searching for 'How can I watch restricted films on YouTube'. Who do you think is reading those articles?

A cross-sector solution to age verification is needed – one that accounts for the way that platforms and locations change from moment to moment. One that forces the user to prove their age in the moments before they click 'play', but also does not hinder or noticeably slow down access to the content.

SELF-CARE

QR Lifecare

1. Journal every morning
2. Go outside for a daily walk
3. Spend more time with family & friends
4. Take time to indulge in some pampering
5. Declutter your home
6. Practice positive affirmations
7. Get more sleep every night
8. Read more books
9. Take up yoga
10. Schedule time for daily meditation

1. Understand or imagine the **child's point of view**, especially during challenging moments.
2. Respond with interest and **sensitivity** to the child's cues.
3. Recognize that **parenting can be stressful** and missteps are a natural part of child-rearing.
4. Recognize and **celebrate** the child's strengths, abilities, and capacity to learn and develop.
5. Provide consistent, **age-appropriate guidelines** and limits for child behavior.
6. Work toward a **balance** of meeting parental needs and child needs.
7. Delight in **moments of connection** with the child;
8. Recognize and **regulate their own feelings** and behaviors before they respond to the child.
9. **Seek help, support** or additional information on parenting **when needed.**

What are the Benefits of Positive Parenting?



Decreases
children's
externalising
behaviours



Provides
emotional
safety for
children



Teaches
children about
accountability
and
responsibility



Fosters
children's self
confidence



Positively
impacts
children's
development



Protects
children's
mental health
and wellbeing

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