

Welcome to
New Trier High School
Book Discussion

April 10, 6:00 p.m. - 8:00 p.m.

In partnership with the NTPA,
Principal Denise Dubravec, NT
librarians, NT Mental Health Student
Advisory Board, and Dr. Lisa
Damour, we are proud to present
this program



Program

The Mental Health Advisory Board students will kickstart our program by sharing their reflections on the book. This will be followed by small group discussions for parents, facilitated by our librarians. To wrap up the event, we will convene in the Gaffney Auditorium where Dr. Lisa Damour will join us via Zoom for a question-and-answer session.

Resources

NT Librarians included several resources for you in this brochure.

Questions or comments,

✉ email Denise Dubravec at
dubraved@nths.net or

☎ call 847-784-2200.

The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents



emotional lives OF teenagers

Raising Connected, Capable, and
Compassionate Adolescents



"The question we want to be asking is this: Is what they're contending with uncomfortable, or unmanageable? We can't always know. But in general, if they are contending with something uncomfortable, we want to treat that as an opportunity for them to develop healthy skills — to process painful or uncomfortable emotions."

Dr. Lisa Damour

Teens Are Struggling Right Now. What Can Parents Do?

By Melinda Wenner Moyer

Published Feb. 20, 2023 Updated Feb. 21, 2023

✓ Prompt #1: Chapters 1 and 2 - "The Varied Emotions of Teenagers"

Chapter 1 entitled, "Emotional Discomfort Promotes Growth" and Chapter 2 describes, "teenagers of all genders should be able to express the full range of emotions." Dr. Damour argues, "Feeling the emotional impact of difficult experiences helps us to grow up." Adults shouldn't mistake that extreme emotional intensity as psychological fragility, but rather a natural part of adolescence. We cannot prevent emotional pain in our teenagers, but rather we should help them manage discomfort.

- With the person sitting next to you discuss, how should we navigate and balance supporting teens through discomforting emotions while also guiding them to learn who they are and how to cope during challenging times. How do we recognize when a teen's emotional response impacts their well-being?
- Do you notice the impact of gender rules when teens express their emotions?

✓ Prompt #2: Chapter 3 - "Seismic Shift"

Dr. Damour talks about relationships, risk-seeking, and hot and cold cognitive conditions in an attempt to keep kids safe. Two examples she presents are the use of social media and alcohol use. She compares social media to, "playing a slot machine." She also advises how to help teens navigate decisions, such as drinking with a group of friends, before it becomes a "hot condition."

- How can we help teens manage the myriad of messages they receive via social media?
- In a cold condition, how should we talk to teens about safety, risk, and values?
- What strategies can you share when managing a hot condition, such as teenage drinking?

✓ Prompts #3: Chapters 4 and 5 - "Managing Emotions, Part One and Two"

In Chapters 4 and 5, Dr. Damour expresses the importance of sleep while also managing their responsibilities and normalizing why students do not like school. "We're most useful when we bear in mind that sending our teens to school is like sending them to a buffet where they are required to try everything being served."

- How can we encourage our teens to prioritize their sleep when so many lead busy lives?
- What are ways a parent can set expectations for school attendance, homework, and other responsibilities to prepare them for their future?
- Suppose your teen wants to distract from uncomfortable emotions or experiences, for example, missing school/class or not completing homework assignments. What would a parent notice when distraction is harmful in managing emotions or their responsibilities, and when is distraction helpful?

