

# Teen Court Reporter

December 2018

## TIPS FOR PARENTS AND TEENS DURING THE HOLIDAYS

The holiday season is a time for families to get together and celebrate. Kids are off from school, college students come home and relatives come to visit from out of town. Alcohol is often present during holiday celebrations. Unfortunately, drinking during the holidays may result in serious consequences, including alcohol poisoning, car crashes, or unplanned and unprotected sex. In fact, hospital emergency room visits involving underage drinking increase significantly on New Year's Day compared to other days.

Teenagers often receive mixed messages about drinking. Parents and other adults may be drinking alcohol during the holidays, and some parents allow their teens to drink alcohol at home. It is illegal in many states for an adult to serve alcohol to a minor who is under 21, even in a personal home. In many states, an adult who serves alcohol to a minor may be held criminally responsible if a minor has been injured or died while under the influence of alcohol. In some states, the adult may also be held responsible if the alcohol was drunk in their home even if the adult was not in the home at the time.

### Tips for teens during the holidays:

- Remember, it is illegal to drink alcohol under the age of 21.
- If you are at a party where people are drinking alcohol, remind others that it is possible to have a good time without getting drunk or drinking at all.
- Suggest other things for you and your friends to do like playing sports, listening to music, playing video games or watching movies.
- If you are going to a party, bring friends with you and make sure all of your friends leave with you. People who get left behind at parties often end up getting in situations that they can not get out of.
- If a friend is in trouble, get help immediately. If a person is unconscious and not breathing normally, call an ambulance immediately. Don't try to sober them up with a cold shower, slapping, or coffee. None of these things will work and only make getting medical attention take longer which could cost their life.
- Plan your ride home. Have a designated driver. Make sure that the driver does not drink any alcohol. Get together several friends and split the cost to take a taxi home or take the bus or train if it is safe in your area.
- Never get into a car with a driver who has been drinking. Never allow another person to drive if they have been drinking.

### Tips for parents during the holidays:

- Be sure your teen understands that drinking under the age of 21 is illegal and not acceptable.
- Know where your teen is going. Who will be there? Will alcohol or other drugs be present? Will adults be home? Do those adults tolerate drinking in their home?
- Discuss situations with your teen where they may be pressured to drink and how they can respond to them. Be sure your teen knows to call immediately for emergency assistance if a partygoer needs medical attention and where to call.
- Make a plan with your teen about how they will get home. It is important that your teen not get in a car with a driver who has been drinking. Provide money for a taxi or public transportation if it is available and safe in your area. Make an agreement with your teen that if they call to ask for a ride that you will come and get them (no matter what time it is or where they are) and bring them home with no questions asked until later in the day.
- Be a role model. Drink responsibly. Never drink and drive. Never get in a car with a driver who has been drinking.



The holiday season should be a time for having fun celebrating with family and friends. Having fun never has to involve drinking alcohol not to mention that drinking alcohol under the age of 21 is illegal. If you get caught by the police, your night of fun will not be fun in the end. Drinking under the age of 21 and drinking in excess whether you are a teen or an adult is 100% preventable.

# How to Get Along With Your Parents

Taken from about.com Teen Advice

**Does it feel like you and your parents just can't see eye to eye? Are you always fighting with them about YOUR life? Is all the arguing and butting heads stressing you out? Follow these steps to find some**

1. Make a list of the things that you and your parents fight about the most.
2. Identify what it is that gets you so upset or angry - are you mad that your parents disagree with you, or are you upset that they can't/won't see your point of view?
3. Decide on a FAIR compromise - a resolution that you can live with and that you think your parents' will accept. NOTE: A compromise means you give up some of your demands - it does not mean that you get your way.
4. Write down your proposed compromise and read it aloud at least three times to see how it sounds.
5. Set up a time to talk to your parents, do not just bring it up over dinner but make an actual appointment and tell them that you have an important proposal to make.
6. Bring your notes with you to the meeting so you can stay on track if/when emotions get high. You may even want to consider reading the note to your parents like a speech.
7. Before talking to your parents, take a few deep breaths and think calming thoughts. Make a promise to yourself that you will not raise your voice or get angry even if your parents "turn up the volume."
8. When you have presented your case take another deep breath and let your parents talk. Really listen to what your parents have to say. Even if you do not like what they are saying hold back your anger and keep your ears and mind open.
9. Avoid shutting down or growing frustrated. Avoid interrupting them or jumping in with a rebuttal. Just listen and absorb what they say.
10. If your parents reject your proposal, stay focused and avoid getting emotional. Thank them for their time and express your disappointment that you could not reach a compromise.
11. If your parents accept your proposal, be grateful and assure them that you will not let them down. Then do everything necessary to show them they made the right decision in going along with you.
12. Whatever the outcome, be sure to do what your parents ask of you. By going along with their wishes you build trust and show your maturity which in turn may make them more willing to relax their stand at a future date.
13. If the topic is a very sensitive one and you still can't see eye to eye, ask your parents what they need from you in order for them to consider your proposal.
14. Make a vow to give them what they need and ask them if you can agree to revisit the subject in a few weeks time.



## **Tips:**

1. **As a teenager, you are learning to become more independent, and this may be why there is friction in your house.**
2. **As you and your parents adjust to your new independent self, the fighting will decrease.**

15. If the outcome disappoints you, do not throw a fit. Go to your room and write your feelings in a journal or go outside and ride your bike or punch a pillow to blow off steam.

## Family Time & Traditions During the Holidays



When you are an adult and raising families of your own. Plan ahead and do things with your extended family, such as attend Christmas concerts in town, go Christmas caroling on Christmas Eve, or just spend a night by the fire drinking cocoa and looking at old family photos. Create fun family traditions that you can look forward to every year, such as a Christmas breakfast that is only eaten on Christmas morning or playing secret Santa to a family in your area. Instilling family time and traditions is a gift that you will keep with you forever.

**Happy**  
**Holidays!!!**  
**to all our jurors!**

### Teen Court Reporter

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# Tips to Prevent Holiday Stress and Depression

By Mayo Clinic staff

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
3. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.
4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression too.



5. **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities.
6. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.
7. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Continue to get plenty of sleep and physical activity.



8. **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.
9. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.