

What to do with your teen this summer

Handout

Presented By:
Jennifer Alfonso, MBA, MSW, LCSW-C



Sponsored by NIH Child Care Board & ORS/Division of Amenities and
Transportation Services.

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Issues to cover:

- Why is planning ahead for summer important for your teen?
- What are your concerns?
- What summer opportunities exist for your teen?
- What are the guidelines and minimum age for obtaining a work permit?
- How can your teen gain SSL hours?
- What resources exist for you and your teen?

Group Brainstorm

- Why is planning ahead for summer activities important for your teens?

- “Mom, I’m Bored” (2 weeks into summer!)
- Teen safety at home alone and with peers
- Doing something constructive to prepare for the next school year or college
- Connecting with your teen while they are still under your roof
- Readiness to take on a summer job or higher level of responsibility

Partnership

“The parent-adolescent relationship is like a partnership in which the senior partner (parent) has more expertise in many areas but looks forward to the day when the junior partner (adolescent) will take over the business of running his or her own life.”

-Laurence Steinberg,
You and Your Adolescent

- Opportunities for Teens
over the Summer**
- Volunteering
 - Experience the joy of giving to others
 - Earn volunteer hours for graduation or college apps.
 - A summer job
 - Develop interviewing skills (if nothing else!)
 - Earn \$\$\$ and learn new skills
 - Increase self-confidence & ability to work with others
 - Summer classes
 - Retake a high school course
 - Take college level courses ahead of time
 - Take SAT or ACT prep courses

Volunteering

- Examples:
 - Volunteer to read to children at the library.
 - Help National Park Service maintain hiking trails in your area.
 - Work at a food bank
 - Join a charity fundraising community
- Resources:
 - Websites (school sites, county sites, community sites)
 - www.1-800-volunteer.org,
 - www.montgomerycountymd.gov/volunteer
 - School Counselor
- Student Service Learning:
 - Check with your teen's school to see if volunteer opportunities fall within the guidelines
 - Pay attention to deadlines for submitting documentation and forms

Student Service Learning

- Check with your local school district regarding their student service learning guidelines.
- Example: Montgomery County, MD
 - "MCPS believes that service learning addresses recognized community needs and is connected to curriculum goals. ..." (www.mcpsssl.org)
 - Seniors with more than 260 Student Service Learning Hours earn the **Certificate of Meritorious Service** and are adorned with a purple service tassel during graduation.

SSL, continued

- Students may begin to earn SSL hours the summer after completing Grade 5. They continue to accrue hours through middle and high school.
- Class of 2011 MCPS students will need to complete 75 service-learning hours for graduation.
- Students who enter MCPS for the first time in
 - Grade 6 will complete → 75 hours for graduation
 - Grade 7 will complete → 65 hours for graduation
 - Grade 8 will complete → 55 hours for graduation
 - Grade 9 will complete → 45 hours for graduation
 - Grade 10 will complete → 35 hours for graduation
 - Grade 11 will complete → 20 hours for graduation
 - Grade 12 will complete → 10 hours for graduation

Summer jobs

- Brainstorm with your teen ideas for summer jobs:
 - What are your teen's interests?
 - What jobs would give them good work experience for a career field they are interested in?
 - How many hours a week can they handle? Full time? Part time?
- Help your teen create a resume
- Have your teen enroll in a CPR or first-aid course to help your child's resume stand out.
- Your teen can take a free computer lesson online at microsoft.com (e.g., Power Point or Excel)
- Practice interview skills with your teen, use role play.
- Teach your child how to network and make connections.
- Teach your child about finances, balancing a check book, setting money from paycheck aside for savings.

Summer jobs

- Examples:
 - Lifeguard
 - Camp counselor
 - Restaurant server
 - Babysitting
 - Dog walker
- Resources:
 - Job boards
 - Websites
 - Family or friend connections

Work Permits

Maryland:

- Teens (minors between the ages of 14 and 17) are required to have a Minor Work Permit before they begin work
- Teens cannot apply for a Work Permit until they have gotten a job offer. This is because the application for a Work Permit requires details from the employer, including the proposed occupation and work description.
- For forms and more information:
<http://dldr.state.md.us/labor/wages/empm.shtml>

Work Permits

Virginia:

- Every teenager (14 or 15 years of public age) must have an employment certificate (work permit) to work at a job
- Exceptions (permit not required):
 - Farms, gardens, orchards operated by parent or guardian; Non manufacturing job where parent owns the business
 - Work around the home for parents; occasional work around someone else's house, such as yard work
 - Page/clerk for House or Senate of Virginia; work performed for state or local government
 - Volunteer work
- Forms can be obtained at a Virginia school or online.
More information:
http://www.doli.virginia.gov/laborlaw/laborlaw_childworkpermits1.html

Work Permits

Washington, DC:

- Teens (14 to 17 years) must have a work permit to work at a job; minors ages 14 and 15 need written parental consent to the employment
- Forms can be obtained at a DCPS school or online.
More info:
<http://dcps.dc.gov/DCPS/About+DCPS/Strategic+Documents/DCPS+Policies>
- Special permits:
 - Theatrical (apply at Theatre company)

Teen Safety

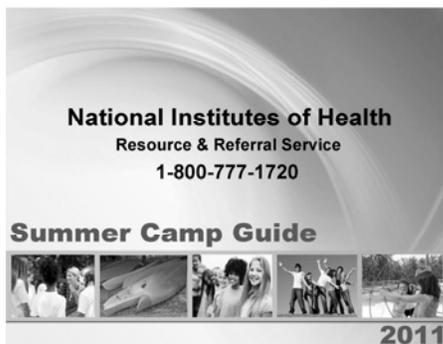
- Do not assume that your child is aware of their rights or that employers are aware of child labor laws for young workers
- Resource for Young Workers by US Department of Labor <http://www.osha.gov/SLTC/teenworkers/index.html> (last updated 6/10/2010)

What Role Can NIH Play in Your Teen's Summer?

- Volunteering at Clinical Support Services
 - Must be 16 years of age
 - Applications should be submitted in April
 - www.cc.nih.gov/volunteers/opportunities.html
- Summer Internship Program in Biomedical Research (SIP):
 - Must be 16 years of age
 - Applications available online until March 1
 - <http://www.training.nih.gov/programs/sip>
- Student Jobs:
 - <http://www.usajobs.gov/studentjobs>

Summer Camps for Teens

- General camps
 - Day camp or overnight camp
 - Field trips to amusement/water parks, movies, camping, etc.
- Specialty camps
 - E.g., Technology camps or Fitness camps
- Sports camps
 - Polish skills before the next school year
 - Especially for students hoping for college scholarships
- Counselor-in-Training programs



You can request a copy at <http://does.ors.od.nih.gov/childcare/>

Tips for College-bound teens

- Take college level classes
- Participate in academic or extracurricular programs that span a month or longer
- Travel abroad (if the budget permits)
- Get a summer job or internship
- Join a community service organization

College-bound teens

- Continue training in a favorite sport
- Prepare for the next school year
- Research colleges
- Visit college campuses
- Prepare for standardized tests

Thank You!

- Please take a moment to complete the evaluation form provided. Your input is appreciated.

Where Can I Network?

Family	Friends	Neighbors	Parents' Friends	Clergy
Doctors/Dentist	Online Sites	Employer(s)	Classmates	Clubs
Hairdresser	Friends' Parents	Church/Temple Members	Professional Associations	Co-Workers
Coaches and Team Mates	PTA Members	Bank Teller	Teachers	Workshop Attendees

Your opening.....

"Hello, my name is _____(name). _____(name of referral) referred me to you as someone who may be able to help me. I am interested in working in _____(area of interest). I am calling professionals such as yourself to seek advice about this industry. Would you have 20 minutes to talk with me on _____(name day) or at another time that is convenient for you?"

"Good Morning. My name is _____ and I am currently trying to learn more about _____(area of interest). I understand that you _____(role at job/association). I was wondering if you would have about 20 minutes to talk with me on _____(name day) or at another time that is convenient for you?"

If the Answer is no.....

"Thank you very much for your time. Could you recommend someone else I could talk to?"

"I am sorry to have bothered you. Might there be a better time that I could talk to you?"

"Thank you. Could you recommend any associations in your industry where I might be able to learn more about _____?"

Positive Communication with Your Teen

Phrases that show acceptance

- “I like the way you handled that.”
- “I like the way you tackle a problem.”
- “I’m glad you enjoy learning.”
- “I’m glad you’re pleased with....”
- “It looks as if you enjoyed that.”
- “How do you feel about it?”

Phrases that show confidence

- “Knowing you as I do, I’m sure you’ll give it your best try.”
- “You’ll make it!”
- “I have confidence in your judgment.”
- “It’s a rough one, but I’m sure you can figure it out.”
- “You met lots of challenges in the past. I have confidence in your ability to meet this tough one.”

Phrases that focus on contributions, assets, and appreciation

- “Thanks! That helped a lot.”
- “It was thoughtful of you to...”
- “I really appreciate that you...”
- “I could really use your help with...”
- “Would you do ... for the family?”
- “Your contribution really makes/made a difference.”

Phrases that recognize effort and improvement

- “It looks as if you really worked hard on that.”
- “You really thought through that carefully.”
- “Look at the progress you’re making.”
- “You’ve really come a long way.”

Phrases that show respect

- “I can understand why you’d feel that way.”
- “Your opinions show that you’ve thought this through carefully.”
- “I have a different way of looking at it, but I can certainly see why you’d think that way.”
- “I hadn’t thought of it that way before.”
- “That’s a very interesting way to look at...”
- “I respect your opinion because I respect you, but I see it differently.”
- “I see that it’s important for you to feel that way.”

Positive Communication with Your Teen

POSITIVE	NEGATIVE
I expect you to talk to me without using four-letter words.	Don't you dare talk to me that way!
I'm glad you told me.	How could you have been so stupid?
I am upset that you have not considered my needs.	You are incredibly self-centered.
I'm glad you have learned from the experience.	I told you so.
I am angry that you have not picked up after yourself.	Why can't you do anything around here?
You'll need to follow through on this.	You never take responsibility for anything!
The state university that you are applying has standards for grades.	You'll never get into college with grades like that!
How do you feel about the grade you earned?	With the pitiful effort you put in, I knew you'd get a bad grade.
You have some difficult decisions to make.	You're headed for trouble.
I appreciate the time you took to clean your room.	It's about time you did something around here.
When you leave your things all over the house, I feel frustrated and embarrassed when company comes.	You're such a slob!
It sounds as though it is very important to you.	You can't possibly think I'll agree to that.
Our relationship is important to me.	All you ever do is fight with me.
It's important that you understand how critical this is.	I can't believe that you'll ever be able to get along in this world.
There are consequences to the choices you are making	This is the last time I bail you out.
It's important to me that you make an effort to be less negative.	I can't stand that negative attitude of yours.
Apparently we are finished with this conversation.	You always have to have the last word.
Because it's something I feel very strongly about.	Because I said so!
It's critical that you call me when you are going to be late.	It was irresponsible and inconsiderate of you not to call me.
I expect to be treated with respect.	Don't you talk back to me!

Summer Resource List for Teens

Student Service Learning Opportunities & Volunteer Work:

- Current volunteer opportunities at NIH, www.cc.nih.gov/volunteers/opportunities.html
- Montgomery County Volunteer Center, www.montgomerycountymd.gov/volunteer
- www.volunteerinternational.org - lists volunteer opportunities abroad
- www.1-800-volunteer.org

Teen Jobs:

- www.snagajob.com
- www.usajobs.gov/studentjobs
- www.groovejob.com
- www.ecojobs.com
- www.Teens4hire.org
- www.coolworks.com
- www.summerjobs.com
- www.coolsummerjobs.com
- www.recstaffing.com
- www.myfirstpaycheck.com
- Newspapers, job boards at community centers, school counselors, friends and family are also great resources
- www.snagajob.com/teen-student-jobs/resume-tips/
- www.education.com/reference/article/Ref_Job_Interview_Tips/

Internships:

- www.internshipprograms.com
- www.internabroad.com
- www.idealists.org - search for internships at nonprofits, e.g., environmental groups
- www.training.nih.gov/programs/sip - Summer Internship Program in Biomedical Research

Teen Camps:

- Summer Camp Guide: you can request a copy at <http://does.ors.od.nih.gov/childcare/>

Other Teen Resources:

NIH Lunch & Learn Parenting Seminars

The following seminars and handouts are archived at:

http://does.ors.od.nih.gov/childcare/parent_seminars.htm

- *Talking with Teens and Tweens about Tough Issues*
- *Meaningful Communication with Your Teen*
- *Cyber Safety*
- *Preparing for College: Are You and Your Teen Ready?*
- *Home Alone: Are You and Your Child Ready?*

NIH Parenting LISTSERV

http://does.ors.od.nih.gov/childcare/wlc_services.htm#listserv

- An interactive e-mail list for parents to discuss child care and parenting issues.

Medline Plus – Adolescent Development

www.nlm.nih.gov/medlineplus/ency/article/002003.htm

Tips for Parenting Tweens

www.tweenparenting.about.com

Parenting Tips and Articles on Parenting Teens

www.byparents-forparents.com/index.html

Talking with Kids about Tough Issues

www.talkingwithkids.org

The National Parent Information Network

www.npin.org

The National Association for Self Esteem

www.self-esteem-nase.org/reference.shtml

Teens and the Internet

www.netsmartz.org

Hotlines:

- National Youth Crisis Hotline
(800) HIT-HOME, (800) 448-4663
- Montgomery County Crisis Center
(240)777-4000

This listing is provided as a reference. Inclusion on this list does not constitute an endorsement of any specific resource, website or its content.

2011 Local Camp Fairs

Attend a camp fair to speak directly with representatives from a variety of camps.
Inclusion in the below list does not constitute an endorsement of any specific event or camp.

****PLEASE CALL AHEAD: DATES & TIMES ARE SUBJECT TO CHANGE****

Event	Fair Date(s) & Time	Address	Phone
Overnight Camps and Teen Fair	Saturday, January 22 1pm - 3:30pm	Sidwell Friends School 3825 Wisconsin Ave, NW Washington, DC	Organized by Tips on Trips (866) 222-8477
Fair Oaks Mall Camp Expo	Saturday, January 22 10am - 5pm & Sunday, January 23 12pm - 5pm	11750 Fair Oaks Mall Fairfax, VA 22033	(703) 359-8300
Baltimore Summer Camp Fair	Sunday, January 23 1pm - 3:30pm	Park School 2425 Old Court Road Baltimore, MD	Organized by Tips on Trips (866) 222-8477
Potomac Mills Mall Camp Expo	Saturday, January 29 10am - 5pm & Sunday, January 30 12pm - 5pm	2700 Potomac Mills Circle Prince William, Virginia	(703) 496-9301
White Flint Mall Camp Expo	Saturday, January 29 10am - 5pm & Sunday, January 30 12pm-5pm	Rockville Pike at Nicholson Lane North Bethesda, MD	(301) 231-SHOP
Columbia Summer Camp Expo	Sunday, January 30 2:30pm - 5pm	Kahler Hall 5440 Old Tucker Row Columbia, MD 21044	(410) 730-0770
Overnight Camps and Teen Fair	Saturday, February 5 1pm - 3:30pm 12:30 - panel discussion on language immersion programs	The Potomac School 1301 Potomac School Rd McLean, Virginia	Organized by Tips on Trips (866) 222-8477
Lakeforest Mall Camp Expo	Saturday, February 19 11am - 5pm & Sunday, February 20 11am - 5pm	701 Russell Avenue Gaithersburg, Maryland	(301) 840-5840
Chesapeake Family's Camp Fair	Saturday, February 26 10am - 2pm	Annapolis Area Christian School 716 Bestgate Road Annapolis, Maryland	(410) 263-1641
Camp Fair at Dulles Town Center	Saturday, February 26 10am - 4pm & Sunday, February 27 11am - 3pm	21100 Dulles Town Circle Dulles, Virginia	(703) 404-7120
Summer Opportunities Fair for Children with Special Needs	Sunday, February 27 1pm - 3:30pm	11614 Seven Locks Road Potomac, MD	Organized by Tips on Trips (866) 222-8477

2011 Resident/Overnight Camps in Maryland, ACA-Accredited

Inclusion in the following list does not constitute an endorsement of any specific camp. Visit www.campparents.org for more ACA-accredited camps outside of Maryland. Search by state, camp specialty, or focus on children with special needs.

Airy

Thurmont, MD
www.airylouise.org
Boys Only from 7 to 17
Cultural Focus: Jewish American

Camp Conowingo

Conowingo, MD
www.gscm.org
Girls Only from 6 to 17

Camp Pecometh

Centreville, MD
www.pecometh.org
Coed from 6 to 17
Cultural Focus: Christianity

Camp Puh Tok

Monkton, MD
www.camppuhtok.com
Coed from 5 to 16
Cultural Focus: Native American

Camp Saint Charles

Newburg, MD
www.campstcharles.org
Coed from 7 to 13
Cultural Focus: Christianity

Camp Thendara

Hurlock, MD
www.maryland4h.org
Coed from 8 to 10

Camp Wright

Stevensville, MD
www.campwright.org
Coed from 7 to 16
Cultural Focus: Christianity

Carroll County 4-H Youth Development

Westminster, MD
www.maryland4h.org
Coed from 8 to 14

Echo Hill Camp

Worton, MD
www.echohillcamp.com
Coed from 7 to 16

Elks Camp Barrett

Annapolis, MD
www.campfireusa-patuxent.org
Boys Only from 9 to 13
Girls Only from 9 to 13

Fairlee Manor

Chestertown, MD
www.de.easterseals.com
Coed, Boys Only, Girls Only from 9 to young adult
Special Needs

Frederick County 4-H Camp

Frederick, MD
www.frederick.umd.edu
Coed from 8 to 18

Grove Point

Earleville, MD
www.cbgs.org
Girls Only from 6 to 17

Habonim Dror Camp Moshava

Street, MD
www.campmosh.org
Coed from 9 to 15
Cultural Focus: Jewish American

Harford County 4-H Camp Inc

Street, MD
www.maryland4h.org
Coed from 8 to 18

Kamp-A-Kom-Plish/Melwood

Nanjemoy, MD
www.kampakomplish.org
Coed from 6 to 16
Special Needs

League at Camp Greentop

Sabillasville, MD
www.campgreentop.org
Coed from 7 to young adult
Special Needs

Louise

Cascade, MD
www.airylouise.org
Girls Only from 7 to 17
Cultural Focus: Jewish American

Lions Camp Merrick

Nanjemoy, MD
www.lionscampmerrick.org
Coed from 6 to 16
Diabetes Program; Special Needs

Mar-Lu-Ridge

Hagerstown, MD
www.mar-lu-ridge.org
Coed from 7 to 15
Cultural Focus: Christianity

Mount Aetna Camp

Hagerstown, MD
www.mtaetnacamp.com
Coed, Boys Only, Girls Only from 7 to 16
Cultural Focus: Christianity

Patuxent River 4-H Center

Upper Marlboro, MD
www.patuxentriver4hcenter.com
Coed from 8 to 14

Ripken Baseball Camp

Aberdeen, MD
www.ripkenbaseball.com
Coed from 7 to 18

Sandy Hill Camp

North East, MD
www.sandyhillcamp.com
Coed, Boys Only, Girls Only from 8 to 16

Western Maryland 4-H Center

Swanton, MD
www.maryland4h.org
Coed, Boys Only, Girls Only from 8 to 18

YMCA Camp Tockwogh

Worton, MD
www.tockwogh.org
Coed from 8 to 15



Do you need help finding quality child care?

1-800-777-1720

NIH employees and contractors have
free unlimited access to the
NIH Child Care Resource & Referral Service.

A Work/Life Specialist can help you to assess your
family's needs and find resources on a range of topics,
such as:

- Evaluating care options
- Finding licensed providers
- Child Care Centers
- Family Child Care Homes
- Nanny care
- Pre-schools & Nursery
- Before & after school care
- Back-up care
- Summer camp
- Adoption resources
- Special needs resources
- College planning

This program is sponsored by
NIH Office of Research Services
Division of Amenities and Transportation Services

For more information, visit:
<http://does.ors.od.nih.gov/childcare>



An Important Service for NIH Employees:

If you are a caregiver, contact us for free consultation and resources to help meet your family's needs. Support is only a phone call away.

1-800-777-1720



NIH Dependent Care

NIH Employees, trainees and contractors have free, unlimited access to a Work/life Specialist, who can help you to assess your caregiving role and support you by providing a range of resources and referrals. Examples include:

- | | | | |
|---|--|---|--|
| Housing Options | Home Health Aides | Evaluating care options | Special needs resources |
| Transportation Services | Preventing Elder Fraud | Child care providers | College planning |
| Meal Services | Long-distance caregiving | Nanny / in-home care | Tips for paying for care |
| Adult Day Care | Communication tips | Back-up care resources | And more... |
| | | Adoption information | |

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Division of Amenities and Transportation Services.**

For more information visit:

<http://does.ors.od.nih.gov/childcare>.

This seminar was presented by
Jennifer Alfonso, MBA, MSW, LCSW-C

Jennifer Alfonso is a nationally recognized expert and speaker on anger and stress management, conflict resolution, and effective communication. Ms. Alfonso is the Founder and Director of ANGER MANAGEMENT TECHNIQUES, a program utilized by the States Attorneys Office of Maryland since 1997. Her programs focus on primary, secondary, and tertiary interventions for anger and violence at both work and home.

Ms. Alfonso, a formally trained mediator, currently facilitates weekly anger and stress management programs for adults and two adolescent anger management groups for adjudicated youth. Ms. Alfonso is a former board member of the Conflict Resolution Center of Montgomery County. In addition, Ms. Alfonso has expertise in organizational behavior and served as a part-time faculty member at a local college for courses in organizational management. For over a decade she worked as an instructor in Montgomery County Public Schools teaching courses in stress management, anger management, effective communication and conflict resolution.

Ms. Alfonso is a dynamic and engaging speaker who acts as a national consultant for both public and private organizations and has presented over nine hundred training workshops to organizations such as: The Department of Justice, Centers for Disease Control, Montgomery County Department of Fire and Rescue Services, Maryland's Department of Juvenile Services and The Association of Flight Attendants. In addition to her current work, she presents seminars for LifeWork Strategies.

(301) 963-2473 ★ www.angermanagement.org