Resources for Parents

CONCERN: Identity/Self Esteem/Perfectionism
Strategies:

1. Exploring identity through a values card sort. Knowing our values help to define what is important to use and guide our decisions and interactions with the world around us:

   https://www.guilford.com/add/miller11_old/pers_val.pdf?t

   Showing interest in their values and having non-judgmental conversations around values and values-based living shows your teen you are invested in finding out about what is important to them and their individual identity matters.

   (Adapted from Acceptance and Commitment Therapy)

2. Help your teen build mastery through hobbies or activities that can improve self-confidence or self-esteem. Building mastery means doing things that make you feel competent and effective. This is a line of defense against helplessness and hopelessness. It can be as small as getting something in our room organized and forming a habit to as big as taking on a new skill like an instrument, art, technical skill, or language.
   How to build mastery:
   1. Plan on doing at least one thing each day to build a sense of accomplishment.
   2. Plan for success, not failure. Do something difficult but possible.
   3. Gradually increase the difficulty over time. If the first task is too difficult, do something a little easier next time.
   4. Look for a challenge. If the task is too easy, try something a little harder next time.

   (Linehan, M DBT Skills Training Manual 2nd Edition)

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3. Validate your teen for non-appearance or non-performance related things. Effort, thoughts, values, opinions, etc.

   Validation of their emotions *(adapted from EFFT, Adele Lafrance)*
   a. Attend to the emotion
   b. Label the emotion
   c. Validate the emotion
   d. Meet the emotional/practical need

   Validation Gone Wrong (Example: "This is hard…")
   Invalidate Negative "No it's not, don't be stupid"
   Invalidate Positive "No it's not, you're great"
   Reassurance "You can do this"
   Problem Solving

I can understand why you might feel _____ BECAUSE _____.

Want to match tone/volume for effectiveness. Otherwise sounds condescending. VALIDATION IS CRITICAL. Meeting the need is optional.

Meet the emotional need
Protect the fear (presence of actual danger)
Soothe/comfort the sadness
Help to challenge the anxiety
Validate and help to assert boundaries for anger
Validate and reassure shame (when it is unhealthy shame)
Set limits where necessary (protect self and loved one; protect identity)
Meet practical need (in this order)
Fix it, redirect, problem-solve

<u>Resources for Parents</u>

CONCERN: Social comparisons to peers, siblings, other family members, online figures
Strategies: Social media literacy

Strategies in understanding the media we are consuming related to body image:

1. Critiquing the Beauty Ideal and Beauty-Ideal Imagery

    a. Underlying Motivations of Imagery: WHY?

    b. Costs of Pursuing the Beauty Ideal: Consequences

    c. Modified Nature of Beauty-Ideal Imagery: Identify the edits

    d. Representativeness of the Beauty Ideal and Broadly Conceptualizing Beauty: Recognize that it's not representative of the population

2. Focusing on Appreciating Aspects of One's Own Body and Other Women's Bodies

    a. Overall Body Appreciation and Acceptance

    b. Functionality Appreciation

    c. Appreciating the Beauty of the Women in the Beauty-Ideal Imagery: Instead of body parts, overall feeling of the woman in the image, details like a necklace, the background

3.   Focusing on the Personality and Values of the Women in the Beauty-Ideal Imagery

4. Linking Beauty-Ideal Imagery to Negative Consequences in the Past

5. Advice for online and offline
    a. Engage in joyful mind/body movement
    b. Honor their own values
    c. Utilize mindfulness

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(Protective filtering: A qualitative study on the cognitive strategies young women use to promote positive body image in the face of beauty-ideal imagery on Instagram   Ornella Evens, Sarah E. Stutterheim, Jessica M. Alleva)*

Strategies in understanding the media we are consuming related to diet culture, fat phobia, objectification, perfectionism, etc

1. Consider if the media excludes and puts down certain populations and idealizes others
2. Consider if the media labels things like food as "good" or "bad", or creates all or nothing thinking about exercise, rules around being, diminishing perceived flaws (physical or otherwise)
3. Notice interpersonal triggers while on social media: bullying, feeling left out, feeling "behind" in life, comparisons, not feeling good enough

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Books to consider for body image:

Anti-Diet- Christy Harrison
The Body is Not an Apology- Sonya Renee Taylor
Body Respect- Linda Bacon
Living With your Body and Other Things You Hate- Emily Sandoz
The F*ck it diet- Caroline Dooner

Book for emotional understanding and coaching:

Raising and Emotionally Intelligent Child- John Gottman
The Whole-Brain Child- Dan Siegel
Brainstorm: The Power and Purpose of the Teenage Brain- Dan Siegal
Hold on to Your Kids: Why Parents Need to Matter More- Gordon Newfeld and Gabor Mate

Other Books related to emotions, self-esteem, self-compassion:

The Happiness Trap- Russ Harris
Self Esteem for Teens – Lisa Schab
Brene Brown books (al)
Self-Compassion- Kristin Neff

Organizations:

NEDA- they have a great social media literacy checklist and overall organizattion
https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/GetRealToolkit.pdf

ANAD
https://anad.org/eating-disorders-statistics/?gclid=Cj0KCQjw1ZeUBhDyARIsAOzAqQJqvuO9Jgxo0HK8Ud451-tHRoKYMs1Fzi7eBB5SkM-jDGvefivUEJEaAq6VEALw_wcB

About Face
https://about-face.org/learn/resources-for-teens/