“We cannot color all teenagers with the same emotional crayon. Some deserve our justifiable anger, and still others our compassion. They all need our help. …individually and as a society, we must reinvent adulthood and assume the responsibility for providing the care, guidance, values, and direction that adolescents need to acquire a healthy sense of self and identity.” (Elkind, 1998, p. 238”

Positives and negatives to our postmodern world…

What parents can do –
- Know growth and development of adolescent
- Be adults to our children
- Set limits
- Teach manners
- Teach morals
- DEAL WITH PRINCIPAL NOT WITH PRESSURE
- Some guilt is healthy as long as it is less powerful than an adolescent’s sense of initiative
- Exercise unilateral authority, but exercise mutual authority regarding taste, style, and interest

What schools can do –
- “Even if we can’t do it all, we can do something.” (Elkind, 1998, p. 253)
- Set rules and limits based on principle
- Re-establish ‘vanishing’ markers
- Structural changes in schools

Stress management – Formula for relieving Type A stressors
1. Identify and label the type of stressor
2. Consider all the available options
3. Take action.
- Handling Type B stressors requires developing a perspective regarding the reality of life accepting that bad things happen. While adolescences are in the process of acquiring this perspective, allow them to express their feelings.
- For Type C it takes good work habits and setting goals.
- Type D – Huh? Unforeseeable and Unavoidable - Spirituality