

SAN DIEGO COMMUNITY COLLEGE DISTRICT  
CONTINUING EDUCATION  
COURSE OUTLINE

**SECTION I**

**SUBJECT AREA AND COURSE NUMBER**

HMDV 685

**COURSE TITLE**

EFFECTIVE PARENTING

(This outline is for JUVENILE COURT PARENTING run under EFFECTIVE PARENTING)

**TYPE COURSE**

NON-FEE

VOCATIONAL

**CATALOG COURSE DESCRIPTION**

This course is designed to help the student use some effective tools with their teenager. The student will learn effective communication skills along with family management that builds better family relationships with the teenager. Sessions will include discussions on family meetings, positive praise, self-worth, adolescent development, behavior management, substance abuse, and family changes. A certificate of completion is issued that is accepted by the courts and social service agencies. (FT)

**LECTURE HOURS**

16

**LABORATORY HOURS**

**PREREQUISITE**

NONE

**RECOMMENDED SKILL LEVEL**

Ability to effectively communicate orally and understand the English language.

**COURSE GOALS**

ESLRs

1. SDCE students will demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. SDCE students will be effective communicators and listeners.
3. SDCE students will process information independently and cooperatively.

COURSE GOALS (CONTINUED)

4. SDCE students will pursue life-long learning to adapt to changing conditions and to fulfill their roles as individuals, family members, workers and community members.
  5. SDCE students will demonstrate learning gains or competencies relevant to their needs and course objectives.
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1. To increase knowledge on today's teenager.
  2. To build a healthy relationship with your teenager.
  3. To communicate more effectively with your teenager.
  4. To increase your knowledge on adolescent development.
  5. To develop skills to foster your teen's self-worth.
  6. To develop realistic expectations for your teenager.
  7. To develop positive discipline with your teenager.
  8. To enhance knowledge on the outside influences that affect your teenager.
  9. To learn effective coping skills when working with your teenager.
  10. To develop behavior management techniques when working with your teenager.

COURSE OBJECTIVES

Upon completion of this course each student will be able to:

1. Develop a family mission statement.
2. Develop a family daily schedule.
3. Define the importance of respect.
4. Identify ways to communicate effectively with your teen.
5. Identify healthy ways to problem solve with your teen.
6. Describe the importance of having a family meeting.
7. Define the importance of active-listening skills.
8. Define what it means to paraphrase.
9. Identify three examples of positive praise.
10. Describe ways of how to handle criticism from others using assertive skills.
11. Describe normal growth and typical behavior for a teenager.
12. List 5 ways to focus on your teen's positive qualities.
13. Identify 5 ways to foster a healthy self-esteem.
14. List five ways of how parents can get involved in their teens life.
15. List 4 ways of setting limits.
16. Identify five ways of positive discipline techniques.
17. Identify 5 ways of what's working with the teens.
18. Identify 5 ways of what's not working with the teens.
19. List 5 effective ways of behavior management.
20. Describe ways to lessen stress in your family.
21. List 5 activities parents can do with their teen.
22. Identify signs of substance abuse.
23. Discuss strategies that can help teens stop using drugs.
24. Identify signs of addictive behavior which includes drug abuse.
25. List 5 ways to prevent a relapse.
26. List 8 community resources which provide assistance for the family.

## **SECTION II**

### **COURSE CONTENT AND SCOPE**

1. Building Families
  - 1.1. Family development
  - 1.2. Planning your family meeting
  - 1.3. Effective ways of communication
  - 1.4. Adolescent development
2. Boosting Your Teen's Self-Worth
  - 2.1. Focus on positive behavior
  - 2.2. Developing a good self-image
  - 2.3. Positive affirmations/words of encouragement
  - 2.4. Demonstrations of family love
3. Family Management
  - 3.1. Improving parent and teen relationship
  - 3.2. Parent Involvement
  - 3.3. Setting limits
  - 3.4. Role-modeling techniques
4. Positive Guidance
  - 4.1. Discipline vs. punishment
  - 4.2. Definition of positive discipline
  - 4.3. Important techniques to remember
  - 4.4. Ways to prevent power struggles
  - 4.5. Clear instructions
5. Teen Development and How We Work With Them
  - 5.1. What's working with our adolescence
  - 5.2. What's not working with our adolescence
  - 5.3. Behavior management techniques
  - 5.4. Terrific tips to lesson stress in your family
  - 5.5. Appropriate social skills
  - 5.6. Normal adolescent behavior
6. The Revolving Cycle of Substance Abuse
  - 6.1. Different levels of drug use
  - 6.2. Recognizing signs of drug use
  - 6.3. What leads teens to use drugs
  - 6.4. The effects of addiction
  - 6.5. Teens and drugs
  - 6.6. Strategies that have worked
  - 6.7. Facing the drug problem
  - 6.8. Impact on family
7. Overcoming Substance Abuse
  - 7.1. Family systems of users
  - 7.2. Addictive behavior
  - 7.3. Recovering sober behavior
  - 7.4. Alcohol vs. drug abuse
  - 7.5. Relapse preventing

COURSE CONTENT AND SCOPE (CONTINUED)

8. Family Changes
  - 8.1. Supporting sobriety and changes on the family
  - 8.2. Family position
  - 8.3. Group counseling
  - 8.4. Drug counseling
  - 8.5. Support groups

APPROPRIATE READINGS

Instructor generated handouts.

WRITING ASSIGNMENTS

Each student will answer questions after each session that is related to the topic and each student will do follow-up activities with their teen which will be handed into the instructor on the following week.

OUTSIDE ASSIGNMENTS

Create a family mission statement and practice family meetings, communication, and positive discipline techniques.

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Group and follow-up activities. Develop strategies for setting boundaries and setting clear expectations. The student will use tools to communicate more effectively and find positive qualities in their teen.

EVALUATION

1. Attendance and class participation.
2. Upon completion of Juvenile Court Parenting course the student will be required to give an oral presentation describing what they learned from this course and the tools they are using in parenting. In addition, each student will be required to hand in a 500 personal word essay.

METHOD OF INSTRUCTION

The method of instruction will include, but are not limited to: lecture, class discussions, group and follow-up activities, handouts, videos, guest speakers, and field trips.

TEXTS AND SUPPLIES

Texts:

*Teens at Risk*, Egendorf & Hurley, 1999

TEXTS AND SUPPLIES (CONTINUED)

*The 7 Habits of Highly Effective Teens*, Sean Covey, 1998

Instructor selected materials related to the subject matter.

PREPARED BY: Terry Louise Washington/Roma Weaver DATE June 29, 2004

DATA REVISED BY: \_\_\_\_\_ DATE \_\_\_\_\_

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100  
California Community Colleges, Title 5, Section 55002  
Continuing Education Catalog