

### **Cultural Differences** 文化差異

- **Parenting Styles (support vs. control)** What your teenager “perceives” counts 青少年感覺到的管教方式（支持 v 控制）
  - **Authoritative** 民主式
    - High support (hugging, praising children), moderate control (setting clear expectations, moderate limits)
  - **Authoritarian** 權威式
    - Low support (very strict), high control (tightly monitor their children)
  - **Permissive** 放任式
    - You want to be your child’s friend, low control, offers little guidance
  - **Implications** 研究結果
    - Adolescence with authoritative parents cope better with problems, do well in school, have less delinquency and depression 民主式家庭的青少年比較能自己處理問題，成績好，比較少犯罪行為或憂鬱症
    - High school students with authoritative or permissive fathers/mothers have higher self esteem and life satisfaction than if they perceive their parents as authoritarian 民主或放任式家庭的青少年比來自權威性家庭的青少年有好的自我形象，生活滿足度高。
- **Chinese Values** 中國文化價值
  - Respect for authority, devotion to parents, obedience 服從權威，尊重父母
  - Emotional restraint, save face, use shame and comparison, values conformity and harmony 不輕易表達情緒，要面子，有時羞辱與比較孩子，重視順服，和諧
  - Importance of education, emphasis on grades/achievement/success; seldom praises child for effort 重教育，成績，成就；少稱讚孩子的努力
  - For many Chinese Americans, parenting teenagers becomes more difficult due to cultural differences 中國父母在管教青少年期子女上有面臨挑戰，文化代溝
  - **Research Findings** 研究發現
    - Chinese parents may show care differently, such as sacrifice, meeting child’s daily needs, helping them succeed in school rather than verbal expressions (e.g., “I love you.”) 中國父母表達關心的方法不同：犧牲，供給孩子日常所需，幫助孩子課業，而不是說“我愛你”
    - Teenagers reported they “just knew” their parents cared from what their parents do, showing less obvious behaviors are still central to good relationships 就算父母沒有明白表達愛意，很多孩子還是可以從父母的無言付出感受到愛
    - Asian girls struggled with conflict between US images of mother-daughter closeness and Asian values of respect for authority and obligation to family 女兒需要跟母親有談心，親近的時刻，而不是只是尊敬母親
    - For boys, Chinese fathers were providers, authority figures, role models; for girls, closeness and affection were not realistic 兒子看中國父親為供應者，權威，很多女兒們覺得父親遙不可及
  - **The ABC Culture:** American-born Chinese, ABCs, hold both Chinese and American values 美國長大的ABC，具有跨中西文化的價值觀，受父母影響很大

## Effective Communication Strategies 與青少年有效溝通的方法

### Better than Punishment-- Train Up an Adult 重視教導而不是懲罰

#### 1. State your feelings 說出你的感覺



#### 2. State your expectations 說明你的預期



#### 3. Show how to make amends 教導如何改正，修復



4. Offer a choice 提供選擇



5. Take action 如果青少年還是沒有做到他該做的，執行合理後果

- Put an end to unacceptable behavior 為了制止，改正不好行為
- Give teenagers a chance to learn from their mistakes 讓青少年從錯誤中學習獨立



● Why Not Punishment (ex. grounded for a week) ?為什麼不懲罰

- Stops unacceptable behavior temporarily 懲罰可以暫時制止不好行為

- Stops teenagers from self-correcting (they may think *It's not fair. They are mean. I'll get back at them. Next time I'll be careful and not get caught.*) 防止青少年從錯誤中學習，他們只覺得父母處罰極不合理，這次倒霉被抓到，下次小心一點
- **What if your teenager still doesn't shape up?** 如果還是不聽呢
  - It means the problem needs more work; there are deeper issues. 問題比較深層
  - Involve teenager in problem solving: "I'd like to really understand where you're coming from." 讓青少年參與討論，解決問題，讓他們知道你了解他的觀點，從他的角度想想

#### 4. Working It Out Together 親子合作，解決問題

1. Invite your teen to give his point of view (Listen. Don't argue with them. If you are willing to spend time in their world and understand them, they will be more willing to accommodate you.) 傾聽青少年的觀點（不要爭執，了解他們，他們也比較願意服從）

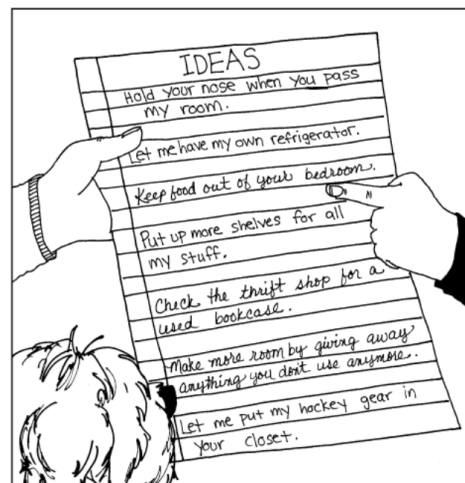


2. State your point of view 陳述你的觀點

3. Invite your teen to brainstorm with you 邀請青少年想解決問題的點子



4. Write down all ideas, silly or sensible, without evaluating 寫下所有想法，不要管實不實際

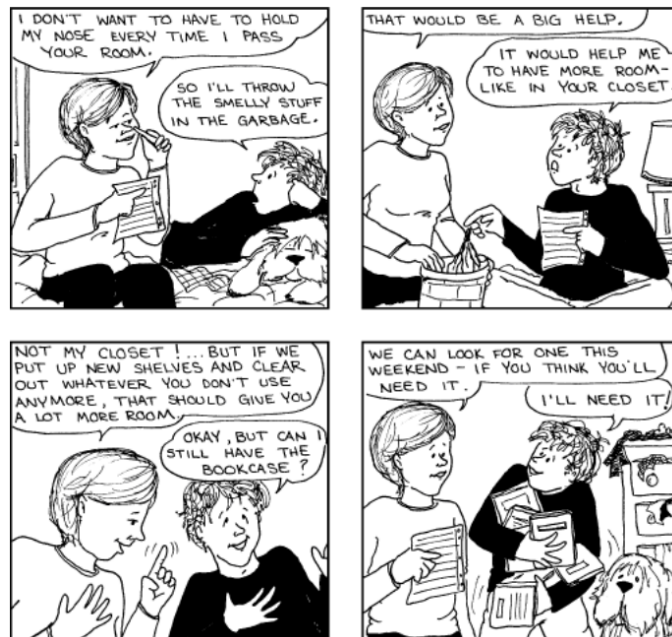




- Review your list. Decide which ideas you can both agree to and how to put them to action. 複習寫下的所有點子，討論你們同意那幾點，開始執行

*Feedback from teenagers: I feel so respected...My mother really listened to me...it was safe to say how I really feel...she wasn't going to jump down my throat...I feel really smart for coming up with some ideas...my mother and I were a real team.*

青少年的反應：我感覺被尊重...我母親有認真聽我說話...我真的能說我真實的想法...她沒有要發飆...我能想到解決辦法，我還蠻聰明的嘛...我跟我媽媽是站在同一陣線的，不是敵對的。



### The Generation Gap 代溝

- Language has evolved 語言是會演變的，跟上時代，跟青少年學習
  - Text messages: lol, lmao, pos
  - Slang: tea, ship
  - Instagram, Snapchat, other apps
- Music, memes, vines
- Learn to accept their friends, music, culture, and they will be more likely to accept yours 學習接納他的朋友，音樂，文化，他也會比較願意接受你的文化

### Connections: The Foundation to Good Communication 良好關係是良好溝通的基礎

- Our teenagers need and want connections with parents. Parents benefit from learning how to **effectively** communicate with teens. This is a learned skill. Don't give up!
- Ideas on building connections 建立積極的家庭關係 (From Cliff and Jennifer's Session 2)
  - Quality Time: Family meals 家庭聚餐, outings 家庭出遊, 1-on-1 time 一對一時間
  - Events: Family Altar/Worship/Devotion 家庭祭壇, celebrate your child's accomplishments 慶祝孩子的成就, family traditions 家庭傳統
  - Discipline: Household responsibilities 家庭責任, agreed-on rules 家庭規則, family meetings 家庭會議

### Paul and Christine's Sharing and Encouragement

### Q & A Panel (Parents and Teenagers)

Sources:

Raboteg-Saric, Z. & Sakic, M. Relations of Parenting Styles and Friendship Quality to Self-Esteem, Life Satisfaction and Happiness in Adolescents. *Applied Research Quality Life* (2014) 9: 749.

Van Campen, K. S., & Russell, S. T. (2010). *Cultural differences in parenting practices: What Asian American families can teach us* (Frances McClelland Institute for Children, Youth, and Families ResearchLink, Vol. 2, No. 1). Tucson, AZ: The University of Arizona.

***How to Talk So Teens Will Listen and Listen So Teens Will Talk by Adele Faber and Elaine Mazlish***