

# Life Talk® News 20

(If you can't see the Tug-of-Life graphic below, please click on the small red cross) ©Life Talk Forum



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## END OF YEAR PARTIES: QUANDARIES & TIPS

As the year-end approaches, and as stories of hair-raising Project X parties make newspaper headlines, many parents have asked us for advice on keeping teens safe at parties. Here's an excerpt from chapter 30 in *Life Talk for Parents – an essential guide to 60 issues faced by teens and parents*, as written by Izabella Gates:

“As tales of wild parties abound, this is an area of concern for many parents... Some of us might be inclined to ban all parties and to attach a permanent leash to our enthusiastic teens, and if that's not possible, then to invest in a breathalyser and some chastity belts. But, after some deliberation, we'll probably come to the conclusion that such measures may not be too practical, that different measures may be called for – and that parties are, after all, an essential and fun part of life.

### When they're off to someone else's party

“In the interests of de-stressing the party issue:

- **Find out as much as you can about the party**, for example, at whose house will the party be? Will the parents be there all the time? What boundaries are they implementing?
- **Don't be shy about phoning the hosting parents** to enquire about any areas of concern.
- **Let the hosts know if you're uncomfortable with particular aspects**, such as serving alcohol, and ask them not to allow anything that breaks the law.
- **Always check that you're comfortable with the driver/s** and that they won't be drinking.
- **Feed them before they go**. Unless you're 100 per cent certain that food will be served, and even if you're assured that they're not hungry, ensuring that they eat something before going is a good idea, especially if they drink alcohol (as so many do nowadays).
- **Make sure they have access to a charged phone**. Then, if at all worried, they can call.
- **Encourage them not to take valuables to the party**, and, if they do, to hang onto them at all times. Cellphones are often essential and cameras are great fun, so if these are taken along, it's worth stressing their vulnerability to being lost or stolen.
- **Keep reminding them never to leave their drink unattended!**
- **Define your rules** and make the consequences of breaking them absolutely clear. And be strong in enforcing any consequences you may have listed.
- **Instil values in your children from young** and discuss what happens to people who don't adhere to them.
- **It's your prerogative to tell your teens they can't go** if what you hear about a particular party makes you totally uncomfortable. First make sure that you're not being unreasonable or unnecessarily paranoid, but at the end of the day, you're the parent and your word goes.

### When you're the one hosting the party

- **Make sure you have a large, preferably undercover area** where everyone will fit.
- **It's best to allocate which loo you want them to use**. Even with the best of intentions, some guests may overindulge, and this may result in throwing up or missing the loo seat, so in the interests of keeping stress levels down, restrict them to where you'd like them to go.
- **Control the number of guests**. Facebook invites are popular but risky as this can result in hundreds of guests (and many strangers) so it's worth implementing a policy upfront.

- **Provide something to eat** in spite of what your offspring might be telling you.
- **Provide plenty of soft drinks.** Don't serve alcohol to underage kids, it's against the law.
- **Consult your teen on every decision** – and, even if you're directing operations, make them feel that their input counts and that plans are along the lines they've envisaged.
- **Agree what your booze policy will be** and how you will enforce it. Some parents man the gate and search every arrival, pouring out any unwelcome contents. Others just float around, surreptitiously sussing out whether alcohol is posing a problem, and deal with it if found.
- **Relax and look forward to the party** – and let your teens see your enthusiasm. Many of them will be in a state of anxiety ahead of the event, hoping that it'll be declared a great success, and cringing in fear of no one coming. De-stress them with your words and actions, and help them to set the scene for an enjoyable evening.
- **Treasure the chance to host your teens' friends in your home.** Even though you may not get to meet too many individuals in the throng, your teen can feel proud of hosting everyone on his or her home turf, and you get to know more about their friends.

**Other related chapters worth reading in *Life Talk for Parents* include:**  
**'But, Mom, everyone is going!'; 'Curfew times – to set & how to set?';**  
**'Clubs, teens & fake IDs'; 'Sleepovers & related debates' and 'Boundaries'**

## **TUG-OF-LIFE FLASHMOB – WORLD FIRST!**

Watch now on [www.tugoflife.com](http://www.tugoflife.com)! This amazing event caused a major stir when we staged the world's first Tug-of-Life surprise Flashmob at Cape Town's V&A Waterfront on 10 Nov. The Flashmob consisted of some 100 youths who entertained the crowds with 5 minutes of choreographed dance and music.

"The challenges that face our youth today are tough to overcome" says Life Talk's Cape Director Sue Linstrom. "We need to assist in creating awareness about this for our youth, and giving them the tools and confidence to stand up to challenges, and make positive choices for their lives. Life Talk teamed up with a dynamic young group of dancers that call themselves the Street Stylers, managed by 2nd Chance. These children come from the very communities that have been hardest hit by drugs, alcohol and gangsterism. They've made a stand against drugs and alcohol abuse by using dance as a way of steering clear and keeping themselves focused on positive choices. Huge thanks to our sponsors (Peninsula Beverages Company, the ARA, Night Vision Marketing and the V&A Waterfront) for making this event possible!"

## **SPECIAL ON LIFE TALK BOOKS!** **Buy 3 books: get the 4<sup>th</sup> one free!**

*Life Talk for a Daughter*, *Life Talk for a Son* and *Life Talk for Parents* now have 15 new chapters and topics covering many of the latest issues being faced by teens and young adults. (So even if you have the original version it's worth getting a new copy!)

*The Tug-of-Life* is "a life-changer of note" and no family should be without one! A playful approach to tackling life's challenges, this unique book identifies the choices and challenges we all face (children and adults alike) – and helps you to take control of your life so that you can achieve the outcomes you desire.

**THE BOOKS ARE A GREAT GIFT FOR YOUR CHILDREN, FRIENDS & FAMILY!**  
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**To qualify for this special: email your order before the end of 2012 to [orders@tugoflife.com](mailto:orders@tugoflife.com)**

**More info: [www.lifetalk.co.za](http://www.lifetalk.co.za) or [www.tugoflife.com](http://www.tugoflife.com)**

The Tug-of-Life is also available on Kindle ([www.amazon.com](http://www.amazon.com))

## HAVE YOU SEEN OUR VIDEOS ON [www.lifetalk.co.za](http://www.lifetalk.co.za) ?

Following huge demand for Life Talk's information and talks, the videos address many of the key issues and challenges being faced by teens, young adults and parents. We upload a new video every two weeks, so click on our website regularly to see the latest tips.

**NEWSLETTERS 1 – 19 COVER:** Exam stress, alcohol and the teen brain; huffing; clubs; Facebook guide for parents; drugs; cell phones; pocket money; hubbly bubbly; chewing tobacco; fake IDs; communication; discipline & boundaries; depression; Grade 8 hiccups; promiscuity; self-mutilation; eating disorders; self-esteem; bullying; abuse; ADHD; EMO; subject choices; MXit; divorce; ice-spiking with 'eye drops', head injuries; cults; chat-rooms; child-trafficking; cyberbullying, choking games and many others. (Downloaded for free: [www.lifetalk.co.za](http://www.lifetalk.co.za) )

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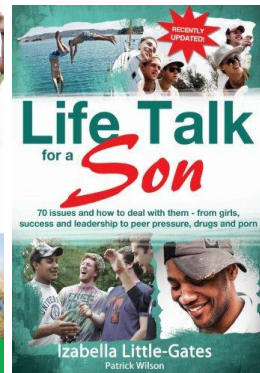
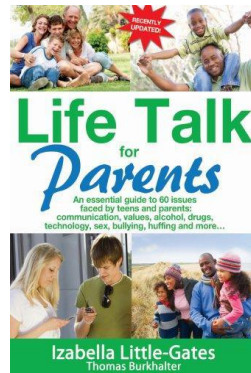
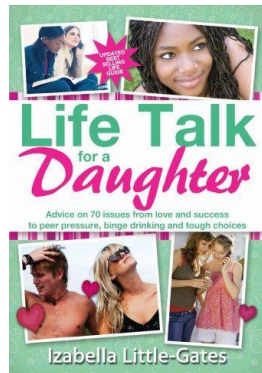
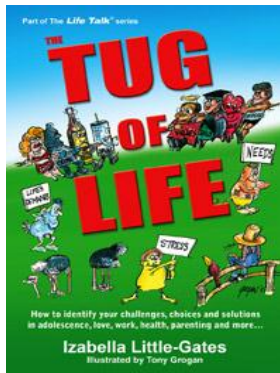
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**FORWARD TO ANYONE WHO MAY BE INTERESTED ☺**



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