



Institute for Strengthening Communities

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Disagree without Disrespect



Parents are only human, and they can feel offended when their views are challenged. Parents can take their teen's disagreement personally, says Dr. Lyness. "This is especially true if you are questioning values that your parents hold dear, such as political or religious beliefs," she says. So what can you do to get your points across in a way that doesn't turn ugly? Dr. Lyness often tells her clients to remember this motto: "Disagree without disrespect."

Using respectful language and behavior in your everyday interactions is important. "Resist the temptation to use sarcasm, yell, or put down your parents and you'll have a much better chance of getting what you want," advises Dr. Jeanette LeBlanc, a counselor in Colorado.

Nonverbal actions reinforce respectful language and show that you mean what you say. If you're helpful and considerate toward family members, teachers, or coaches in your everyday actions, it demonstrates respect and helps establish a foundation for those times when you may disagree. Plus, acting respectfully demonstrates maturity. Parents are more likely to think of their children as grown up - and, as a result, capable of making more important decisions - when they see them acting maturely. *Adapted from Nemours Foundation.*

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Bijou Theater

www.bijoutheater.org

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A retro science-fiction epic set in Victorian England, Steamboy features an inventor prodigy named Ray Steam who receives a mysterious metal ball containing a new form of energy capable of powering an entire nation. This young boy must use it to fight evil, redeem his family, and save London from destruction. \$4 or \$5



