

The Real Life Teens Series

REBELLION

TEACHER'S GUIDE

Q385DVD

Intended Audience

This program is designed for use with a general high school audience, grades 8-12, home schoolers, teen clubs and social organizations, social service agencies and health departments, hospitals, churches, young offenders facilities and any place where teens, whether normal or troubled can be reached.

Introduction

Teenage rebellion is a normal part of adolescence. One of the major developmental tasks teens face is developing independence from their parents and becoming their "own person". Transitioning from a dependent child to an independent adult not only takes time but also manifests itself in behavior patterns such as rebellion, defiance and ambivalence. Rebellion takes many forms, positive and negative and teens learn that the decisions they make for themselves have consequences. Teens will develop their own personal beliefs which will inevitably lead to some bad choices and mistakes. In this episode of Real Life Teens, teens not only talk about their own experiences with rebellion, but also discuss their attitudes to rebellion, their parents, school, society and their peers. Includes pointers by clinical psychologist Dr Deborah Cooper, Phd.

Dr Deborah Cooper is internationally known and a highly respected expert on relationships and personal growth. Dr. Cooper is a State License Marriage Family Child Counselor (MFCC) and holds a State Teaching Credential - Psychology and Hypnosis.

Subjects Covered Include:

Learning Objectives

After completing the program students will have an understanding of the consequences of teen rebellion and how to make the right choices between healthy and unhealthy displays of rebellion.

Discussion Topics/Questions

- What is teen rebellion?
- Discuss the differences between healthy vs. unhealthy rebellion
- How to understand the difference between healthy teenage autonomy and blatant teen rebellion
- Making choices between healthy & unhealthy displays of rebellion
- Some of the major reasons for rebellion in teenagers
- Responsibilities and repercussions
- How to deal with anger issues
- The role of parents and the impact on family on troubled teens
- Respect & permission – discuss the differences
- Dealing with disappointment
- Helping troubled teens

Presenting the Program:

To prepare a lesson plan for each program, please review the suggested outline below.

1) Before Students View the Program:

If appropriate, assign a brief essay on the student's view of the subject. Have available as many recommended books as possible to help generate class interest and participation. Discuss as a group what each student's advice would be on the subject to other teens. Preview each program and become familiar with the concepts presented. Opinions will vary and no answer should be considered wrong.

2) Students View The Program:

The first class viewing of the program should be uninterrupted.

3) After the First Viewing:

Students should be prompted to discuss the views of the teens featured in the program. The students may be asked whom they agreed with most and who they disagreed with most.

4) Second Viewing:

The second viewing will enforce and help the children remember the subjects that they have just discussed. Students may point out which featured teens opinion they agreed or disagreed with. This viewing may be interrupted as needed to facilitate discussion. Teacher or students may prompt the pausing of the program. The concept of solutions regarding the issues brought up by the students is important to this discussion.

5) Post Activities and Discussion:

If appropriate - second brief essay may be assigned to compare the difference in the student's opinion before and after the viewing and discussion. Discussion questions may be used to stimulate interest in solutions, reinforce concepts and evaluate student comprehension.

For a complete list of educational programs, please visit our website at www.tmwmedia.com

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