

May 16, 2012



OPERATION LODESTAR: Parenting Matters

Thank you for coming to tonight's premiere of the Abbotsford Police Department's presentation "OPERATION LODESTAR: Parenting Matters." Gangs, drugs and crime. These choices can be very destructive. Most parents want the best for their child and there are a number of things parents or caregivers can do to mitigate the risk that their child will engage in criminal behaviour. We also understand the power of parenting. Parenting is a full time endeavour, not a part time job. And it is not always easy. It may be the most difficult thing a person can do. But it can also be the most rewarding. Sometimes parents underestimate the influence they have on their child's life. As a caring adult, you can be that guiding light ... that lodestar.

It is our hope that we can provide you with some parenting tips, tools and tactics. Our panel of experts are here to answer your questions. If you have a more personal question you may want to talk to them in their professional capacity. It may be an investment well worth making.

www.abbypd.ca

Lodestar (n) one that serves as a guide or model.

Panel Bios

Dr. Dave Currie is a relationship warrior. He is President of Doing Family Right, an organization designed to teach people the truths that challenge relationships for the better. He is an international speaker, columnist, life coach, and crisis counselor in a host of life, marriage and family issues. Dr. Dave hosted 6 seasons of Marriage Uncensored and Marriage Uncensored with Dave & Christie, a TV Talk Show that grew to ¾ million viewers per week across North America. Married 37 years to Donalyn, they have parented 4 adult children, all now happily married.

www.doingfamilyright.com

Dr. Susan Goldsmith graduated with her doctorate from the University of Victoria. She has over 20 years of experience, which includes work as a school psychologist, therapist at mental health facilities, and a Registered Psychologist in private practice. After 20 years, she treats children, teens, adults and couples.

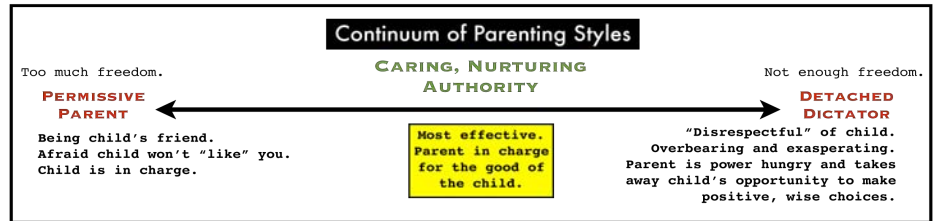
www.drgoldsmithandassociates.ca

Dale Pretty is a School Psychologist with the Abbotsford School District. He completed a Masters degree in Applied Child & School Psychology from the University of Calgary in 2008. He completed his Undergraduate degree in teaching from Memorial University of Newfoundland. Prior to becoming a School Psychologist Dale was a teacher throughout various local area high schools.

www.sd34.bc.ca

Iona Snair has been involved in youth work for the past 30 years in a variety of forms - including directing drop-ins, counselling youth on probation, foster parenting and training youth workers. Presently she and her husband are educating young youth workers through Lifeteams: School of Youth Outreach - a program of Youth Unlimited. They live in Abbotsford with their two sons, Eli and Sasha.

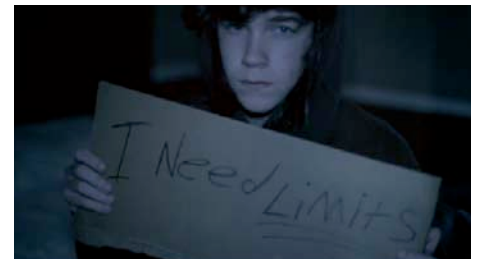
www.lifeteams.ca



Set clear limits and expectations

FACT: Only 38% of Abbotsford students said they had clear family rules and consequences.¹

- Set clear, reasonable limits and let your child know what is expected of them.
- Follow through with discipline if they break the rules – be fair.
- Ask your child what would be fair discipline. Include your child in rules making and consequences. Children are more likely to follow the rules when they understand their reasoning.
- Don't rescue them from the consequences of their decisions. Sometimes the best discipline is to face the consequences. For example, paying for damaged items.
- Be consistent.
- Try to have consequences that remedy the problem. Ask your child what would fix the problem.



Rules without relationship can lead to rebellion.



**"Your children will become what you are;
so be what you want them to be."**

David Bly

What you do matters

Be a good role model for your children. They will do what you do. Model and teach them to take responsibility for their actions. Think about how your behaviour will affect your child.

FACT: Children of parents who do not model positive or responsible behaviour create an environment that increases the likelihood the child will engage in risk-taking behaviour, such as gang involvement.²

FACT: Only 25% of Abbotsford students said they had parent(s) and other adults that modeled positive, responsible behaviour.¹



Children follow your example more than your advice.

¹ Developmental Assets: A Profile of Your Youth Executive Summary Results from the Search Institute Survey, *Profiles of Student Life: Attitudes and Behaviors* School District #34, Abbotsford, BC, August 2009 at p.1-3.

² CSGV Risk and Protective Framework: Building Protective Factors Around Children, Young People and Families to Prevent Gang Involvement, Community Solution to Gang Violence, October 2006.

FACT: 89% of 18-24 year old men entering a federal correctional facility had not completed high school. 55% had not completed grade 10, while 19% had completed less than grade 8.¹

Place a high value on education

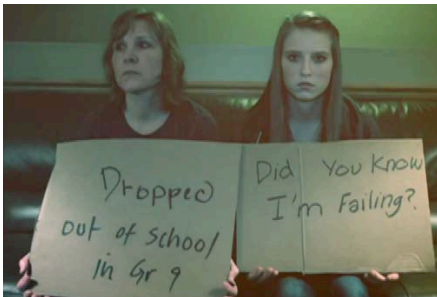


FACT: Children who don't like school, don't think grades are important, and don't want to go far in school are more likely to be involved in aggressive acts.²

FACT: Only 18% of Abbotsford students said their parent(s) were actively involved in helping them succeed in school.²

Support school. What does it mean? It doesn't mean a parent does the school work for their child. It could be:

- Emphasizing the importance of education.
- Knowing how your child is doing; check their grades – no surprises.
- Connecting with a teacher if there is a problem; seeking help.
- Getting them the necessary study and assignment supplies.
- Ensuring their time is not over scheduled.
- Providing computer access if needed.
- Giving them enough sleep. Supplying good nutrition.
- Attending school meetings, meeting with teachers and helping your child develop sound study habits.
- Supplying clean clothing and proper gym attire.
- Checking your attitude towards schooling. Yes, school can be challenging but it's worth it.



You want your child to have the best possible life.

Look after your child's interests



FACT: Only 29% of Abbotsford students said they communicate positively with their parent(s) and that they would be willing to seek their parent(s) advice or counsel.¹ In the same survey, only 30% of students said they know how to plan ahead and make choices.



Help children protect themselves. Listen to them. Let them know they can talk to you. Teach them to think for themselves and act responsibly. Children who have good communication with their parents are more likely to ask their advice than turn to peers.

¹ Forum on Corrections Research. Roger Boe. Vol 17, No: 1. (2005) Offender Employment.

² Statistics Canada, May 2001. Problem Behaviour and Delinquency In Children and Youth, Catalogue no. 85-002-XPE, Vol. 21 no. 4, p. 9.

³ Developmental Assets: A Profile of Your Youth Executive Summary Results from the Search Institute Survey, Profiles of Student Life: Attitudes and Behaviors School District #34, Abbotsford, BC, August 2009 at p.1-3.



Know what your children are doing in and out of school.

Know where your children are and what they're doing

Know where your children are, who they are with, what they are doing, and how they are feeling. Avoid thinking that “my child would never join a gang” or “get involved with drugs” regardless of your background.

FACT: There is a strong relationship between low parental monitoring and violent delinquency. ¹

FACT: Only 38% of Abbotsford students said their parents monitored their whereabouts. ²

Be a good observer:

- Find out who their friends are (their real names and families) and if they are a positive influence.
- Find out where they hang out and if it's safe.
- Pay attention to the music they listen to, the video games they play, the television and movies they watch and monitor internet activity; the sites they visit and social networking activities.
- Promote the positive use of media; TV, movies, music, gaming, social networking. Heed the age related ratings of movies and video games.
- If you think your child has something they shouldn't (guns, knives, drugs, etc.) confront them; ask them about it and follow up. If necessary, look through their belongings; it's your house, you're responsible for its activities and contents.
- Learn about gangs and drugs.
- Watch for changes in behaviour and attitude.
- Be a good listener; the more you listen the more your child will talk.



If a police officer speaks to you about your child and their involvement in criminal or delinquent behaviour, don't immediately deny it. Seek the facts. Kids can tell you what you want to hear. Be their parent, not their lawyer.

“Delinquent behaviour was relatively rare among youth who reported that their parents always knew who they were with when they went out.” ³

Special Thank You: The Abbotsford Police Department would like to thank all of our participants in the project. A special thank you to Ev Holt for sharing her story, our panel of experts and Fire Canvas Video Production www.firecanvas.com

Things to watch for:

- declining school performance, attendance and/or behaviour
- signs of drug use
- weapons possession
- unexplained possession of money or other items (eg. jewelry)
- staying out late without reason
- hiding items at their home
- displaying an unusual desire for secrecy/ protectiveness in guarding their room
- consistently breaking rules
- drawings or gang symbols on books, clothes, walls, or tattoos
- unusual hand signals to communicate

Source: “Steering Kids Away From Gangs”, Vancouver School Board's YES and EPSY Projects, 2009.

¹ Statistics Canada, January 2010. Parenting, School Contexts and Violent Delinquency, Catalogue no. 85-561-M, no. 19, p. 12.

² Developmental Assets: A Profile of Your Youth Executive Summary Results from the Search Institute Survey, Profiles of Student Life: Attitudes and Behaviors School District #34, Abbotsford, BC, August 2009 at p. 1-3.

³ Statistics Canada, September 2007. Youth Self-Reported Delinquency, Toronto, 2006, Catalogue no. 85-002-XPE, Vol. 27, no. 6, p. 7.