

Shoulder to Shoulder: Raising Teens Together

Research Support for Campaign Key Messages

- 1. Parents should feel confident that they do make a difference in their teens' lives.**
 - Parents influence their teens more than they think they do. Parents' and teenagers' morals and values are typically quite similar. Research shows that adolescents' choices and attitudes are greatly influenced by a strong parent-child relationship, and positive parent-child communication .¹
 - Teens need parents to uphold a clear but evolving set of boundaries, to protect important family rules and values, but also to support and encourage their teens' increasing competence and maturity.²
 - Parents of teens who are supportive and caring, but who also consistently monitor and enforce family rules (nurturance combined with appropriate discipline), are more likely to be motivated, to be successful in school, and to be emotionally, socially, and physically healthy.³
 - Parents still have the “magic,” but may need help and support from others at certain times during this transition.

- 2. Parents in the Twin Cities are “hungry” for information on raising teens. They are concerned about their teens' present and future. In 19 focus groups across the Twin Cities, parents told us:**⁴
 - They feel isolated and alone.
 - They worry about the influence of peers on their teens.
 - They are concerned about their relationship with their teens.
 - They don't know how to communicate with their teens.
 - They want their teens to be happy, healthy and well-adjusted adults, but there is no “road map” to follow.

- 3. Parents are not alone in raising teens. Shoulder to Shoulder brings parents of teens together for mutual support and advice when parents need it.**
 - Shoulder to Shoulder has useful tools and information of, for, and by parents designed to reduce the stress of parenting and help families enjoy the teenage years.
 - Resources include the Shoulder to Shoulder website with hundreds of informative topics and resources, a handbook for parents, community outreach guide for businesses, employers, and organizations, campaign posters, meeting posters, culturally appropriate parenting fact sheets, and anonymous telephone support.

¹ Moore, K. & Zaff, J. (2002). *Building a Better Teenager: A summary of "what works" in adolescent development*. Washington, DC: Child Trends.

² Simpson, A. Rae (2001). *Raising Teens: A synthesis of research and a foundation for action*. Boston: Center for Health Communication, Harvard School of Public Health.

³ Steinberg, L. (2001). We know some things: Parent-adolescent relationships in retrospect and prospect. *Journal of Research on Adolescence*. Vol 11(1), 1-19.

⁴ Morehouse, D. & Johnson, C. (2003). Raising Healthy Teens: Positive parenting for adolescent health. A study of parents of teens in the Twin Cities metro area. QED and Multicultural Issues.