

FACEBOOK CHAT WITH DR. DENISE POPE
TRANSCRIPT
OCTOBER 19, 2016 - 1 P.M. EDT/ 10 A.M. PDT
<http://www.facebook.com/partnershipdrugfree>



[Partnership for Drug-Free Kids](#)



Welcome to our live Facebook chat. For the next hour we invite you to chat with Dr. Denise Pope, co-founder of Challenge Success, on ways parents can help their kids manage their time better, stay focused and handle stress in today's hectic academic environment. She will answer your questions and previously submitted questions by our online community.

PLEASE NOTE: Dr. Pope will be answering your questions from the Challenge Success profile and questions that are off topic will not be answered.

Welcome Dr. Pope. Let's begin...Dr. Pope, can please introduce yourself and say hi to our Facebook community...



[Challenge Success](#) DP: Hi I am Dr. Denise Pope, Co-founder of Challenge Success and Sr lecturer at Stanford Graduate School of Education. Happy to be part of this important conversation about teens and stress.

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[Partnership for Drug-Free Kids](#) Our first question was submitted to us via e-mail. Ellen asks, "Why are today's kids and parent so stressed out?"



[Challenge Success](#) Great question! There are a lot of stressors kids and parents face these days -- academic pressures, homework load, college admissions, media craziness, extracurricular overload, and not to mention the everyday stress of being a teen and a parent of one. We face more stress today than ever before because schools are under more pressure to excel on standardized tests, more kids than ever are going to college (a good thing - but it adds to a sense of competition), and our economy is different from when we were all growing up.



Jeff Longo Hi. I'm a Student Assistance Program Coordinator at a large high achieving high outside of Pittsburgh, and viewed 'Breaking Points' recently. Very well done!



Challenge Success Thank you.



Partnership for Drug-Free Kids Thanks for your feedback Jeff!



Sarah Royal Hi Denise! I was wondering how can we help our kids develop strategies for dealing with stress?



Challenge Success We have a ton of resources available to help answer that question! We have time management tools on our website and in Ch 8 of our book Overloaded and Underprepared. We work with families and schools to teach positive coping strategies such as mindfulness, but mostly we ask that families be proactive and not overload their kids with too many high level, high homework classes and extracurriculars. Aim for balance!



Denise Roesly Great question. MIPHY(Michigan Profile for Healthy Youth) survey results were shared yesterday and 60% of the 11th graders that drank alcohol said they drink because of stress and depression.



Sarah Royal Thank you!



Brenda McDonald Denise Roesly How do we prevent them from turning to drugs and alcohol?



Brenda McDonald **Challenge Success** Tell me more about how to promote mindfulness at home.



NC Pca Brenda McDonald, reducing stress or stress management. That is why I'm following the chat today to get some tools and strategies to share with the teens and parents in our county. -Denise R



Challenge Success We also offer a video workshop called "The Well-Balanced Student." It is a presentation that I give to schools and communities across the country, and we wanted to find a way to make the content more accessible to a wide range of parents. We have a version for K-8 parents and another video for high school parents. Look here:<https://vimeo.com/ondemand/wbsk8> and <https://vimeo.com/ondemand/wbshs>

Well-Balanced Stud
A Workshop for K-8 Parents

Dr. Denise Pope
Challenge Success
Stanford University



Watch Well-Balanced...

VIMEO.COM



Natalie Bitton Question: Can you please distinguish between good stress and bad stress. There seems to be a perception that stress, all stress is bad. Good stress can lead to transformation and resilience. Bad stress or "strain" can lead to damage.



Challenge Success Not all stress is bad - you are correct. The good stress is called eustress -- that is like when you get butterflies in your stomach before going on stage. Good stress can help you perform better actually, but the key is that you return to a normal stasis (your body calms down appropriately and you know you have the resources to deal with the stressor). Bad stress is called distress - and unfortunately more of our kids are feeling more distressed due to academics and other stressors these days where they don't feel like they have the resources to meet the challenges and they are in constant fight or flight mode.



Brenda McDonald I find even keeping up with their cell phone is stressing.



Sherie MacGregor thank you Dr. Pope for starting this important discussion so long ago! I just wanted to let you know that **Meg MacGregor** is leading the Wellness efforts @ Amador Valley High School in Pleasanton CA with #StressLess and starts today with an introduction to meditation at lunchtime today! Thanks for your inspiration and support throughout the years



Challenge Success Thank you, Sherie. So glad about the good work being done at Amador Valley High School to help kids cope better with stress.



Dana Murray Ogden Hi Sherie, I'm on the Wellness Committee at Dublin HS and would love to partner with you on any events etc. Please have Meg reach out to me. Matter of fact we are having a Guest Speaker Papa George speak at DHS Thurs. 11/20 from 6:30 to 7:00 pm in the HUB on the topic Keeping Mentally Fit: How to Manage Stress in HS. Then we are providing Breakout Sessions on topics such as Drug and alcohol prevention and Suicide warning signs (both for parents) and Supporting Students Experiencing Anxiety and Stress for both parents and students. Please pass the word, it's free and all are invited!!



Keely Sikes Rollings HI Dr. Pope. We have met. I am a licensed clinical psychologist working with teens in the Los Altos area. A good friend of mine was able to attend yesterday's luncheon. She passed the following statistic on to me: "There are 2800 colleges in the US. That means that 140 schools are in the top 5%" THIS IS A FANTASTIC STAT. Thank you for sharing. I plan to pass this along to all of my students.



Challenge Success Can you resend the statistic?



Keely Sikes Rollings ""There are 2800 colleges in the US. That means that 140 schools are in the top 5%" THIS IS A FANTASTIC STAT. Thank you for sharing. I plan to pass this along to all of my students.



Challenge Success Keely Sikes Rollings Yes! There are so many good colleges across the United States. And, as we say at Challenge Success, "it's about finding the right fit for each child." In today's environment, we see that both parents and kids get too caught up in the college admissions frenzy. We suggest that people read Frank Bruni's book, "Where You Go Is Not Who You'll be," and also look at the resources of [Colleges that Change Lives](#).



Keely Sikes Rollings **Challenge Success** I have read both and recommend to all the families I work with. I agree 100% It should be about finding the right fit! Thanks for all your work in this area.



Colleges that Change Lives **Challenge Success** Thanks for the shout out for [Colleges that Change Lives](#)! Always glad to be part of a conversation that emphasizes reducing student and parent stress.



Denise Young Farrell Thanks so much for doing this today, Dr. Pope. How can we help our kids learn better time management? Where can we start to use their time more effectively?



Challenge Success We have a ton of resources available to help answer that question! We have time management tools on our website and in Ch 8 of our book *Overloaded and Underprepared*. We work with families and schools to teach positive coping strategies such as mindfulness, but mostly we ask that families be proactive and not overload their kids with too many high level, high homework classes and extracurriculars. Aim for balance!



Challenge Success Be sure to access the short videos that my co-founder Madeline Levine and I taped that touch on topics from teen stress, homework, and extracurricular activities. <http://www.challengesuccess.org/.../kids-in-the-house.../>

Kids in the House Videos - Challenge Success

Denise Pope and Madeline Levine were invited to share their expertise with Kids in... [Read More +](#)

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Laurie Jean Harrington I have a question. I am a "grandmommy" raising my granddaughter, who just turned 10. She has been with me since birth. 2 days ago we were looking at the local news, and a mug shot of her mom, my daughter appeared on the news, with a short story that she had been arrested. We were both caught by surprise. When I tried to talk to her about it, I could tell she was uncomfortable talking about it and said she was ok. I told her that I was sad and it was ok for her to be sad. I want to break the cycle of addiction that has been in our family with this child. Should I take her to counseling?



Partnership for Drug-Free Kids Hi Laurie, we recommend that you please call our Parents Toll-Free Helpline (1-855-DRUGFREE), a free, direct service where families can connect with a caring specialist for guidance and support. The helpline is staffed Monday-Friday from 9:00 a.m. - 5:00 p.m. EDT. Thank you.



Jeff Longo The information being shared and discussed during this chat is invaluable. Is it possible to receive a complete written transcript at its conclusion?



Partnership for Drug-Free Kids We will create a blog-post recap for everyone to share. Stay tuned!



Jeff Longo Really appreciate it.



Julie Komorn Musicus Hi Dr. Pope, thanks for today's chat. What are your thoughts on extracurriculars? How do you allow your kids to explore different after-school and weekend activities without overdoing it?



Challenge Success Another good question! Extracurriculars are important - They teach lots of great skills and get kids out and moving, meeting new people, working together and challenging themselves, but how much is too much? We have a mantra called PDF here at Challenge Success. It stands for playtime, downtime, family time. Every kids needs to have time for FREE unstructured play every day along with appropriate downtime and sleep and time for family. Strive for balance here - Don't overschedule your child with too many activities. Young kids should have as much time for free play as they are in scheduled activities. Older kids should only do one sport per season for example. if they don't have adequate balance and time for sleep, then they are doing too much.



Luke Sassano Hi everyone! As a former athlete that has experienced multiple surgeries and the over prescribed amounts of pain medication, how can we help connect professional athletes with young athletes in order to educate them about the epidemic of pain addiction amongst teenagers? You have a wonderful organization and is needed more than ever across the board in this country!



Partnership for Drug-Free Kids Thanks Luke! This is a great question. We currently don't have a specific program aimed at educating student-athletes about the risks of medicine abuse. We do have Parents360 Rx, a community education toolkit that addresses the impact of medicine abuse on families. The toolkit includes video, including the story of a promising high school football player named Ronnie whose life was cut short by prescription drug abuse; a discussion guide and a small number of documents; and is available to individuals and organizations at no charge. Please find it here: <http://pact360.org/programs/parents360rx>.



Parents360 Rx Action Toolkit...

PACT360.ORG



Kristi Rowe Hi Dr. Pope - can you talk a little bit about "successful failures?"



Challenge Success Look at these short videos for more content <http://www.challengesuccess.org/.../kids-in-the-house.../>

Kids in the House Videos - Challenge Success

Denise Pope and Madeline Levine were invited to share their expertise with Kids in... Read More +

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Kristi Rowe Thank you!



Gina Percival Hi everyone! My question is: How do you begin a conversation with a teen about stress management?




JoAnne Swanson Hello, How do you approach a 16 year old who is saying one thing is important to her and doing another.




Challenge Success Gina Percival The best way to do this is not in the middle of a time of crisis (ie they are stressing about a test the next day). Find a calm time to chat. Say something like, "It feels like you have been stressed this past week. Can we talk about this? Should we take a look at everything you have on your plate and find a way to make things less stressful? Would that help?" Then you need to assure them that their health and wellbeing is more important to you than grades/test scores/college, etc. and that you are here to help. Your child may need to re-think an extracurricular activity, maybe drop an activity, look at better time management skills, find a way to incorporate restorative practices like mindfulness into the day, etc.





Denise Mariano This... "You need to assure them that their health and well-being is more important to you than grades/test scores/college" such a great reminder for all of us! Thank you Dr. Pope.

 **Sarah Royal** Could you please explain the concept of “PDF” – the need for kids to have playtime, downtime and family time each day? Why is play so important for teens and young adults too?

 **Sarah Royal** Ha, never mind -- looks like you already answered this above!

 **Sarah Royal** Do you have any takeaways for parents to model healthy coping skills for their kids?


 **Challenge Success** YES! Parents are really important role models for kids. WE need to model PDF - time for adequate sleep and time for family meals, hanging out with our children and having fun, playing games, etc. We need to model not staying up too late doing work, and we need to act as we want our kids to -- That means not turning to drugs/alcohol to cope with our own stressors and to find positive ways such as exercise, yoga, mindfulness, etc to handle our own stressors. Not easy to do - but really important!


 **Challenge Success** Also, access the CS Parenting Guidelines from our website: <http://www.challengesuccess.org/par.../parenting-guidelines/>


Parenting Guidelines - Challenge Success


These common-sense tips are based on children’s known developmental needs and recent... Read More +
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 **Sarah Royal** [Challenge Success](#) Great resources, thx!

 **Zin Heher** Thank you so much for this Q & A opportunity. What do you think about the new research citing emotional connection as a powerful tool to help immunize our kids against drug use as described by Johann Harri in his TED talk?

 **Denise Young Farrell** Do you recommend using a family calendar and if so, what suggestions would you have to make them work best? Is it electronic? Or something you hang up in a central place?

 **Challenge Success** I am not 100 percent sure what you mean by a family calendar. I think it is important for everyone in the family to find time to eat meals together, and do a family activity together. The research says we should spend 5 days each week for about 25 minutes each together interacting as a family. We calendar FAMILY time in my house so that every kid knows when s/he is expected to participate in certain meals, weekend outings, etc. IF that is what you mean by a family calendar, then I am all for it.

 **Raymond Fenton** Hi Dr. Pope. With marijuana becoming legal for 21 year olds across multiple states, teens are beginning to think that it is not so harmful and that the stakes are low. Is there anything you can offer as far as deterrents go? In addition, how do I get a young person, already smoking weed, with good grades and positive trajectory to heed the developmental risks involved with smoking pot at an early age?



Partnership for Drug-Free Kids Raymond, for ways to talk to your teen about marijuana, check out the Partnership’s free Marijuana Talk Kit – it has great tips on how to have meaningful, productive conversations with your teen about marijuana: <http://www.drugfree.org/MJTalkKit/>



Marijuana Talk Kit for Parents | DrugFree.org

DRUGFREE.ORG



Denise Mariano Thank you Dr. Pope for this invaluable chat. What are your thoughts on schools making more of an effort to include mindfulness type programs within their curriculum or maybe dedicating a small block of time within the school day? (e.g. meditation) Research shows that such programs are producing positive outcomes for our youth in in many areas including stress, social/emotional skills and wellbeing.



Challenge Success Yes, research has found that both mindfulness and meditation programs in schools can be very successful. We write about this in chapter 7 of our book.



Denise Mariano Thank you!



Sherie MacGregor look at what my daughter set up at her high school Follow on Twitter @av_wellness They have a wellness room and monthly events including yoga, meditation, art & coloring, healthy snacks, motivational speakers and mindfulness



Denise Mariano Amazing Sherie MacGregor!



Challenge Success For additional content from our book, watch these videos <https://www.youtube.com/playlist...>

Overloaded and Underprepared

YOUTUBE.COM



Gina Percival How can you recognize the stress triggers in your teen?



Challenge Success This is a great thing to discuss with your child. What do they think are the biggest triggers in their life right now? Is it homework, grades, tests, a particular extracurricular, is it parental pressure (real or perceived), lack of time, sleep deprivation, social pressures, too much media time, global politics, money stress, etc. If together you can pinpoint some of these - and which are the most stressful, then you can begin to work on solutions.



Heather Aussiker Chaet Hi Dr Pope! Can you give any hints for parents for, when they are stressed, how to communicate that and model some good coping strategies without then making the child stressed as well? Thank you!!



Challenge Success Yes - we want to model positive coping strategies and absolutely say when we are feeling stress and how we plan to deal with it. Even counting to ten, deep breathing, going outside for a short walk, or listening to calming music alone in your room might help during those particularly stressful moments -- enough to get you able to communicate that you need some time to calm down before you can go back to your routine.



Heather Aussiker Chaet Thank you!!



Challenge Success Heather Aussiker Chaet Look at our blog. Co-Founder Madeline Levine touches on this issue a bit in some of her posts. <http://www.challengesuccess.org/.../courageous-parenting/>

Courageous Parenting...

CHALLENGESUCCESS.ORG



Gina Percival How do you get teens to engage in conversation when they don't want to engage but need to?



Challenge Success Timing is everything for this one. Don't try to do this in the moment of stress. On a weekend afternoon or while driving/sitting next to your kid, engage in a friendly conversation that says something like -- We need to have a conversation about something and I need you to take it seriously. My job as a parent is to make sure you are safe and healthy, and I am going to do my job now and start a conversation with you about your health. Hear me out.... Then proceed as I mentioned above about how they think they are handling things....



Courtney Gallo Hunter Hi Dr. Pope! Is technology/screens – group chats, social media – helping or harming our teens' stress level? Many teens seem “addicted” to their screens. Do you have recommendations on how parents can manage this better? Thanks!



Gina Percival What is a good practice for helping my teen manage social media peer pressure?



Challenge Success Yes we just held a conference on this very topic - so be sure to look for the video on our website in a few weeks. Our title was Media Rules: Healthy Connections in a Digital Age. We played on the three meanings of rules - like media rules --- for kids - It can be a positive force in their lives for creative ventures, keeping socially active, finding others who share their passions, etc. But media can also rule our lives and the lives of our kids. We suggest having limits and RULES such as no technology in the bedroom at night, signing agreements over social media use/safety measures, making sure kids aren't watching or engaging in inappropriate (ie first person shooter) video games or pornography, and overall trying to engage in media with your kids so you know what they are posting on their sites. Even if your kid doesn't let you go on sites that he is using, you need to have conversations about appropriate media use and the safety issues involved with media.



Sherie MacGregor Try to find a screening of a new documentary Screenagers in your area!



Partnership for Drug-Free Kids Previously submitted question: Craig asks, “I feel one of the most common causes of stress/anxiety for our students is the importance placed on state testing.

What, in your opinion, is the best way for schools to try to alleviate this anxiety? I fear that many students do poorly because of their stress level, while others simply choose to not give much effort to ‘avoid’ the stress.”



Challenge Success We work directly with schools to help them change policies and practices that cause undue stress to kids. When it comes to standardized tests, we encourage schools to focus on the skills that kids need to succeed - not just on these tests - but to succeed beyond the tests such as critical thinking and problem solving. Some schools purposely schedule spirit week or health fairs during testing periods to alleviate the stress, and many will limit or eliminate homework and big projects or other assessments during this time to make sure kids are ready and healthy when they take the exams.



Julie Giragosian How can parents help debunk the myth that only the most prestigious colleges will lead to success?



Andrea Dickson First, I think it's important to consider what the definition of "success" is. We have been conditioned to equate success with which college someone attends, income, and other aspects of material wealth. But in reality the measure of success has more to do with spiritual qualities of our interpersonal relationships, the feeling of our purpose in our activities, being able to contribute to the betterment of our community, and feeling connected to others.



Challenge Success This is so true. The so called "brand-name" schools are not the right fit for every child, and we do kids a disservice by holding those institutions up as the only road to "success." As our Parenting Guidelines state "How you define success is analogous to your mission statement as a parent. Without considering this explicitly, many families unwittingly default to the prevailing, narrow notion of success. Resist parent peer pressure, be informed and trust your gut." Also, read Frank Bruni's book for research related to this topic. <http://www.challengesuccess.org/par.../parenting-guidelines/>

Parenting Guidelines - Challenge Success

These common-sense tips are based on children's known developmental needs and recent... Read More +
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Challenge Success Andrea Dickson - You are correct. We call it a narrow definition of success. We see it in the overemphasis of grades, test scores, and performance, which allows little time for kids to develop the essential skills needed to become independent, ethical, and critical thinkers.



Sabrina Marino-Walls How much sleep does a teen need to better function in their daily life?



Challenge Success Optimally, research shows that teens need between 8-10 hours of sleep a night.



Challenge Success You can access our Do You Know facts to find more research and data about sleep. <http://www.challengesuccess.org/res.../research/do-you-know/>

Do You Know? - Challenge Success

Our "Do You Know" resource offers facts from relevant research in the... Read More +
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Evan Brock What role does discipline play into stress management, if any?



Partnership for Drug-Free Kids Five minutes left! Please submit your questions before 2.



Laura Bang In your travels and research, do you see a lot of students abusing prescription stimulants? Why do you think they're doing this? What can parents do?



Challenge Success Yes, we do see this as an issue. They are doing it to have more time to study and to stay focused, but they don't realize the long-term effects that these drugs can have on their growing bodies. Kids don't realize that these are

serious drugs and can lead to addiction as well as other serious health problems. Parents need to take this issue seriously, and discuss with their kids.



Gina Percival How can we help teenagers deal with the stress of taking SAT tests?



Challenge Success Again, it's important to frame standardized tests in the right way for your kids. It is not the sole determinant in college admissions, and they need to know that there is a university for every kid who wants to go to one. These tests are biased and do not necessarily reflect a kid's true ability or future success.



Partnership for Drug-Free Kids We are extremely grateful for your participation today! We'd like to extend a warm THANKS to Dr. Denise Pope for sharing her tips and insight with our Facebook community. To purchase a copy of her book "Overloaded and Underprepared: Strategies for Stronger Schools and Healthy, Successful Kids," please visit: <http://ow.ly/rIY5305kWZd>. Also, we invite you to "Like" the **Challenge Success** Facebook page.



RECOMMENDED READING - Overloaded and Underprepared: Strategies for...

ASTORE.AMAZON.COM



Challenge Success Thank you for hosting this live chat. Such great questions from the participants. These are not easy issues to deal with as parents. Please look at the resources at www.challengesuccess.org for much more information.



Challenge Success

Promotes a broader notion of youth success. Combats undue performance pressure on kids....
CHALLENGESUCCESS.ORG



Partnership for Drug-Free Kids We invite you to watch the trailer for BREAKING POINTS, our film exploring teen stress and pressure and the unhealthy ways many cope, including abusing Rx stimulants. Please visit: <http://www.drugfree.org/breakingpoints/>.



BREAKING POINTS - Partnership for Drug-Free Kids

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Partnership for Drug-Free Kids And please remember, if you are a parent who needs guidance on getting help/treatment for a child or loved who is struggling with substance use, please call our Parents Toll-Free Helpline (1-855-DRUGFREE), a free, direct service where parents can connect with a caring, parent specialist for guidance and support. The helpline is staffed Monday-Friday from 9:00 a.m. - 5:00 p.m. EDT.



Partnership for Drug-Free Kids Kids have questions about drugs. How would you answer? Test your knowledge and take the Drug Test <http://ow.ly/xrMh305kWx7> #drugfaq



I just took the Drug Test!

If your child asked you these questions, would you know the answers?
DRUGTEST.DRUGFREE.ORG



Partnership for Drug-Free Kids If we've missed the opportunity to answer any additional questions, we will do our best to follow up with you. Please stay tuned for details on our next Facebook chat and make sure to spread the word to your family and friends, inviting them to log in and join the conversation next time!



Lynette Johnson Dr. Pope, I have 2 children in high school right now. My daughter is 15 and a sophomore, she's pretty much a straight "A" student and she was worried last night about the SAT test, stating do this test determines her college/future...she couldn't sleep last night because she kept thinking of the test she has today and is very much already talking about the colleges she wants to attend but is stressing over the FACT that her parents CAN NOT afford for her to go to the best universities that she wants to attend, like Stanford, Howard or any university.. My husband and I are under 45 years old and are 2 hard working parents with 4 children in all, one being an adult (23), 2 in HS and our baby girl 11 years old, we live in the Inglewood area of Chicago IL and we are trying to stay above poverty but my daughter is right and now we are all stressing over her and my son wanting to go to college but we can;t afford it. My son is now in the 12th grade, almost done and now he is beginning to not care about his education anymore, just this week we have received 2 phone calls from different teachers about his behavior and work..... I think he's acting out because he feels we can't pay for him to go to college anyway so why try to do good in HS or why even finish HS.... WE are all stressing now....What do we do???? I know it's a lot, but I do not have the answers...