



**PARENT-CHILD CONNECT**  
**亲子关系和亚裔青少年心理健康**

**CIXIN WANG PH.D., UNIVERSITY OF MARYLAND**  
**主办方: COMMUNITY HEALTH INITIATIVE**

2/4/2022

每周六晚上8点 (东部时间)

# ACKNOWLEDGEMENT

- Community Health Initiative: <https://chimd.org/>
- 过去的讲座录像: <https://chimd.org/> - “教育资料”  
<https://chimd.org/%e8%b5%84%e6%ba%90%e5%88%86%e4%ba%ab/>
- Bullying Prevention and Mental Health Promotion Research Team and Asian American Studies Program at UMD
  - Jia Li Liu, Yeram Cheong, Julia Barlis, Kristen Frese, Ana Ross, Kate Sullivan, Jocelyn Yao, Qianyu Zhu, Xinyi Zhang, Mazneen Havewala, Diksha Bali, Janisa Hui, Sara Gliese, Ami Patel, Romy Stancofsk
  - 网页: <https://education.umd.edu/research-college/labs/bullying-prevention-and-mental-health-promotion-lab/lab-news-and-projects>



# ASIAN AMERICAN STUDIES PROGRAM

Office of Undergraduate Studies

- ABOUT
- MINOR
- PROGRAMS
- RESOURCES
- EVENTS
- ★ FEATURED

## CONNECT! NEWSLETTER

*Connect!* is a newsletter published biannually by the *Calvin J. Li Post-doctoral Fellow* which translates research into digestible and practical resources for Asian American parents and families. This newsletter covers relevant topics such as bullying, discrimination, and acculturation.



Issue 4, Spring 2019 - Fostering Positive Communication and Effective Problem-Solving Among Asian American Parents and Youth



Issue 3, Spring 2018 - Acculturation and Stress withing Asian/Asian American Immigrant Families

# 讲座安排

- 1 亚裔青少年常见的挑战和机遇 (unique challenges during early adolescence)
  - 2 发掘孩子的优点和内驱力 (how to praise, strength based approach)
  - 3 培养良好的亲子沟通 (promote parent-teen communication, non-violent communication)
  - 4 如何当孩子的情绪教练 (how to be your child's emotion coach) [English]
  - 5 有效地解决亲子冲突 (how to solve conflict problem) [English]
  - 6 应对新冠期间的种族歧视 (how to cope with discrimination) [English]
- 7-10 Youth Mental Health First Aid training (青少年心理疾病的症状, 诱因和影响因素, 青少年心理健康急救步骤, 危机干预. 可以得到青少年心理急救证书, 优先 Howard County 家长) [English]

## 中学生情商课的安排 (周日2:15-3:45. ENGLISH)

1. 找到自己的优点, 评估优势, 培养自信心
2. 了解情绪, 准确识别自己的情绪和想法, 了解它们如何影响自己的行为
3. 情绪调节, 学习如何有效地调节自己的情绪、思想和行为
4. 压力管理, 学习有效地管理压力、激励自己
5. 了解他人的情绪, 学习与他人共情
6. 如何避免认知误区
7. 如何应对校园霸凌和歧视
8. 如何和家长沟通
9. 头脑风暴和问题解决的技巧
10. 培养健康的生活习惯和设立合理的目标

# SELF CARE

- “很难想象白人家长会每周六晚上八点上亲子课”
- You are so important for your children’s health
- You care deeply about your child
- Please take care of yourself first!
- The intent is NOT to blame parents
- Provide alternative ways to think about parent-child relationships

## PARENTAL SOURCES OF STRESS

% reporting very/somewhat significant source of stress in their life

A family member getting coronavirus

74%

Government response to coronavirus

74%

Disrupted routines/adjusting to new routines

74%

Getting coronavirus

73%

Managing distance/online learning for their child(ren)

71%

Basic needs (i.e., availability of and access to food, housing)

70%

Self-isolation

67%

Access to health care services










66%

Missing out on major milestones

63%




# SELF-CARE MENU

-  take a few deep breaths ..... **5 MINS**
-  stretch your body ..... **5 MINS**
-  listen to your favourite song ..... **5 MINS**
  
-  meditate on your purpose ..... **15 MINS**
-  read a chapter of a book ..... **15 MINS**
-  journal out your thoughts ..... **15 MINS**
  
-  take a walk outside ..... **30 MINS**
-  get crafty ..... **30 MINS**
-  cook a new recipe ..... **30 MINS**

@thefabstory



Recording

CALL A FRIEND  WALK OUTSIDE  
see a movie

ENJOY A CUPPA  just breathe

**READ**

turn your phone off for an hour

LISTEN TO MUSIC

RELAX IN A BUBBLE.  take a nap

"You, yourself, as much as anybody in the entire universe, deserve your love and affection".  
Buddha

watch the clouds

draw paint create

**RUN SWIM RIDE**

meditate

JUST SIT IN SILENCE 

DANCE SMELL THE FLOWERS

## GROUP COMMITMENT

- Confidentiality 尊重隐私
  - Share whatever you feel comfortable
- Take turns 轮流发言
- Mute 不发言时请静音
- Be Respectful 彼此尊重
- Participate in discussion and take some risks  
参与讨论，互相支持，互相学习
- Do your homework and practice strategies 回家练习



## 自我介绍 (30 秒)

- 您的名字，您孩子的年龄/年级，性别
- 您压力大时，如何自我调节？(Self care)
- Your name, age/gender of your child(ren)
- What do you do for fun/ self care

## 家长希望从讲座中学习

- Understand more communication skills with my kids to have a better relationship with teenage children
- How to better communicate with my kids?
- Build close relationship with my son
- parenting children who are so different from me
- Parenting resilient children
- Help my child to better manage time
- Help my child when she is frustrated.
- Dealing with conflict
- Techniques on how to persuade kids, balance control and let it go attitudes

# 影响移民孩子适应的因素

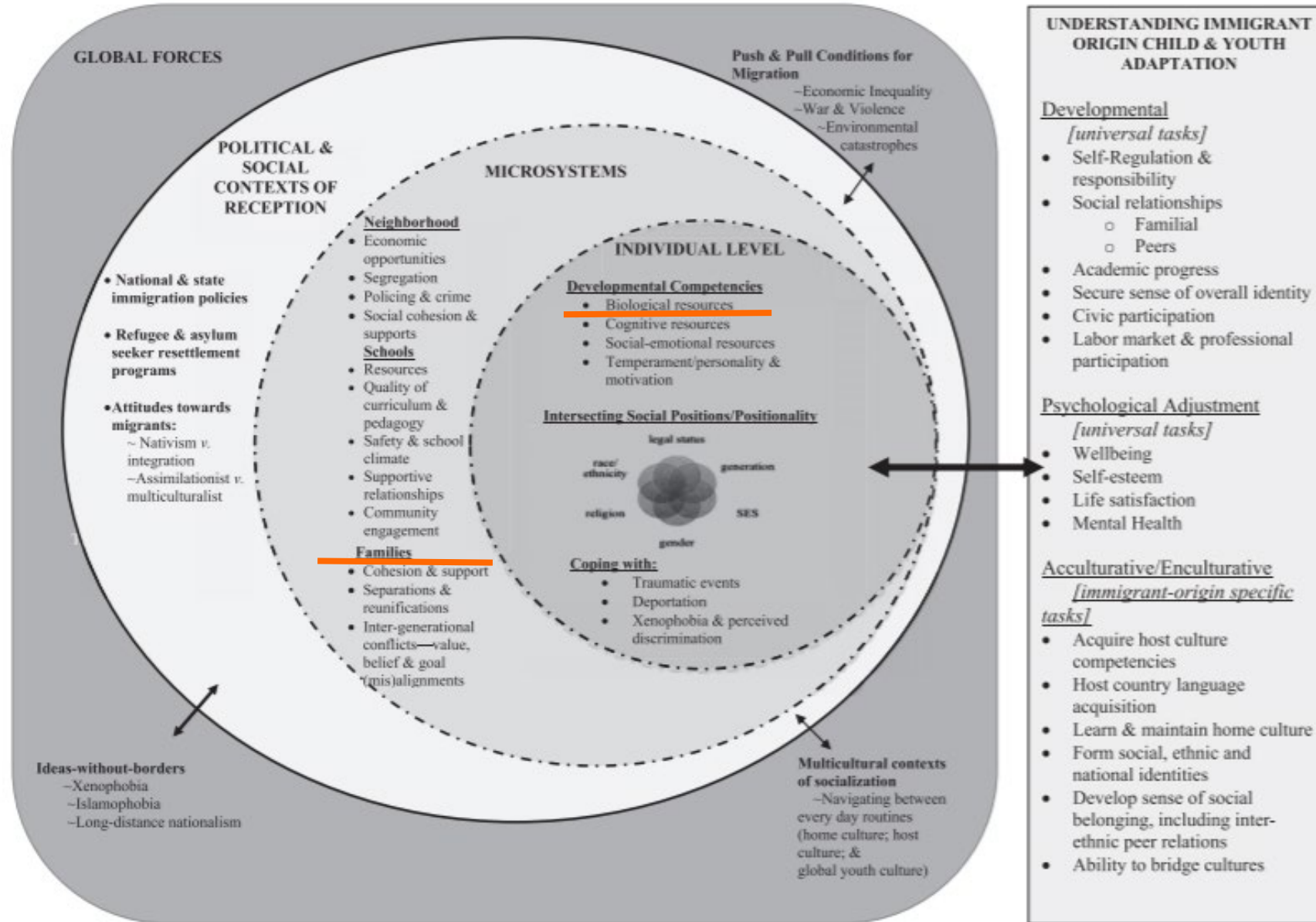


Figure 1. Integrative risk and resilience model for the adaptation of immigrant-origin children and youth to the host country. SES = socioeconomic status.

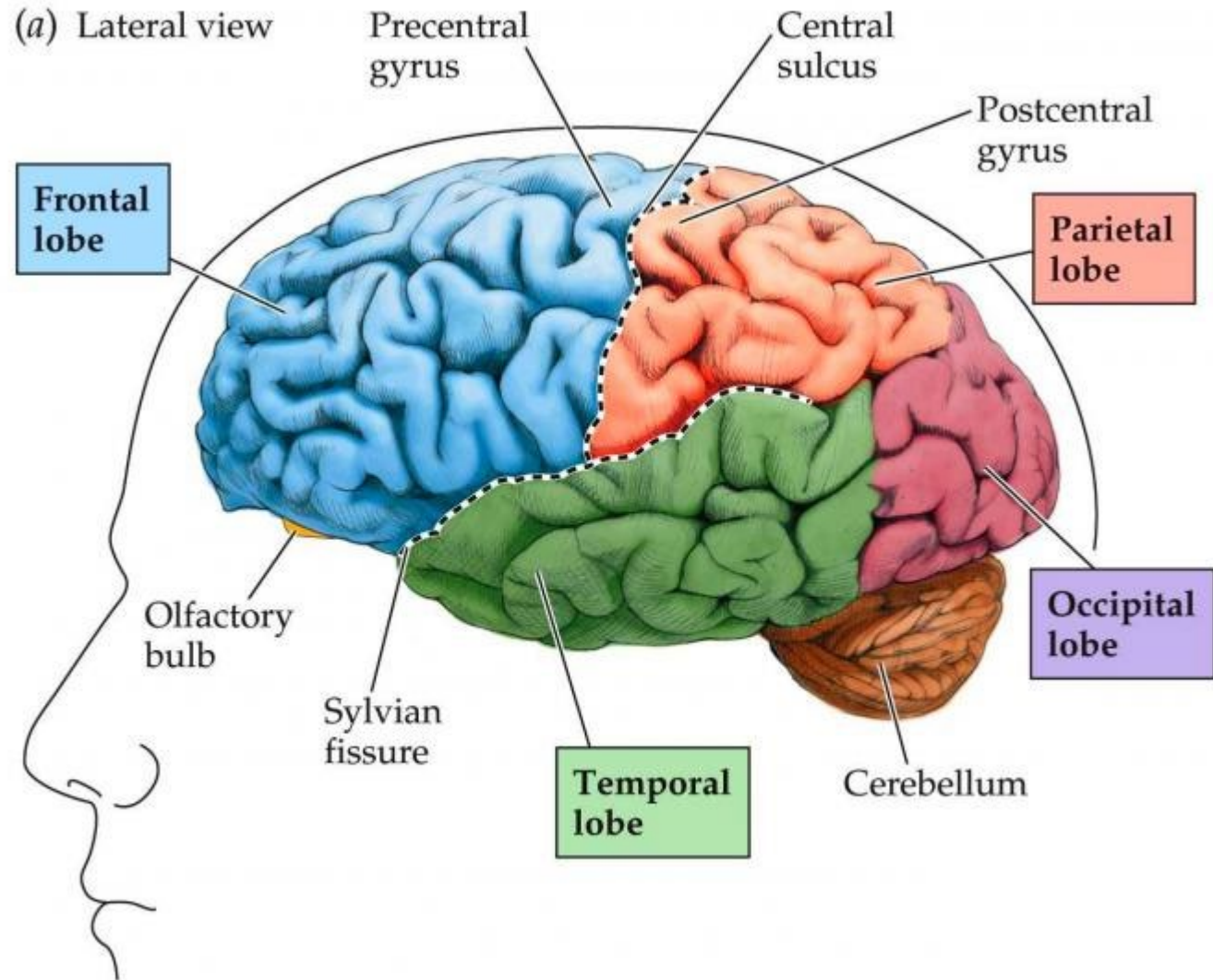
# 亚裔青少年常见的挑战和机遇

WHAT ARE SOME CHALLENGES ADOLESCENTS EXPERIENCE?

- Biological
- Psychological
- Social
- Emotional
- Family
- School
- .....

# 青少年的大脑何时发育成熟？

- **Increased myelination**  
髓鞘增生
- **Increased Synapses formation**  
突触的形成增加
- **Increased Activities in the Frontal Lobes**  
额叶的活动增加

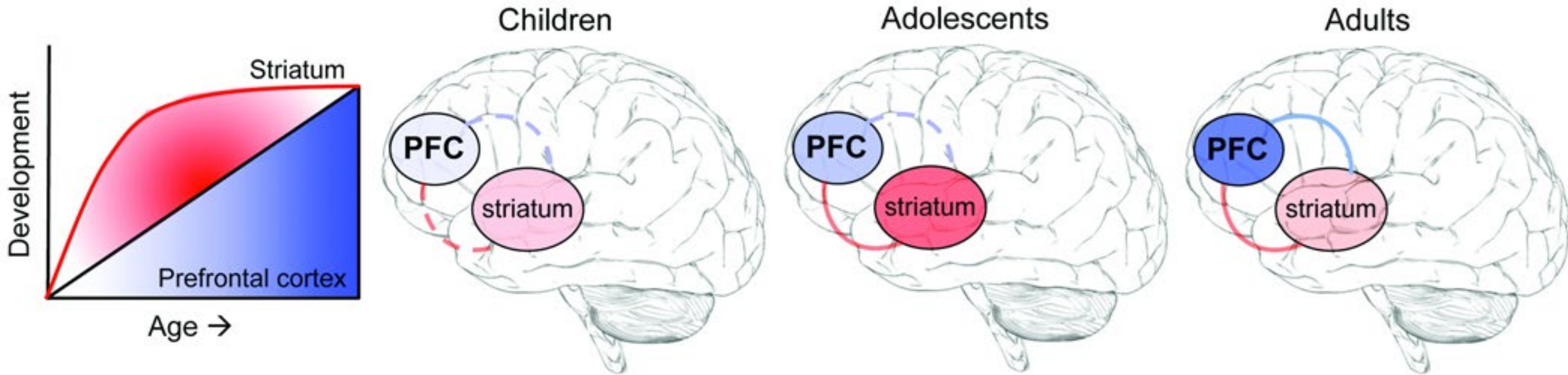


# 青少年时期的大脑发展

- 📌 前额叶的发育会持续到25岁到30岁
  - ✗ 负责判断、计划、评估风险和决策的区域
  - ✗ 是最后完成发育的区域。
- 📌 青少年容易情绪冲动，需要父母冷静地指导，鼓励，当情绪教练。



# WHY ADOLESCENTS FEEL EMOTIONS MORE INTENSELY?



Striatum functions as part of the reward system

**PFC:** calm down, think clearly, and make positive choices

J Am Acad Child Adolesc Psychiatry.  
2010 Dec; 49(12): 1189–1285.

We will learn coping strategies, to think differently about events to reduce intense emotions



# REGULATE, RELATE, REASON





# 《尚气》燃爆美国！男主一封家书，戳中无数华人泪点 - 未名空间(MITBBS.COM) MITBBS.



最近，我想了许多从未说出的心里话，老实说，我觉得这二十多年来我们一直把话憋在心里是完全错误的。我们从未表达过彼此之间的情感，反而总是利用一切机会互相批评，在追求完美的过程中，试图消灭每一个缺点。在我们这个家，做什么事永远重要于说什么话，总是施加压力而不是鼓励，总是以“多穿件外套，外面冷”来代替“我爱你”。

Mitbbs.com

我的每个好朋友都可以告诉你们，每当我提起复杂的童年时光，情绪就像坐过山车一样起伏，愤怒、伤心、怨恨。但我厌倦了对父母生气。Mitbbs.com

所以，我通过写这封信来敞开心扉，来感谢所有你们为我所做的付出，告诉你们，我爱你们。现在是时候开始这么做了，你们觉得呢？Mitbbs.com

9/10/21, 1:57 PM

《尚气》燃爆美国！男主一封家书，戳中无数华人泪点 - 未名空间(mitbbs.com)

我们就经常吵架。如果我被鞋带绊倒，那是我蠢；如果我考试没有得到A，那是我笨；如果我想和小伙伴出去玩，那是我浪费时间。随着一年年长大，我越来越讨厌你们给我施加的压力，我要你们的生活也变得像我一样痛苦。

Mitbbs.com

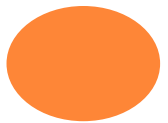
2005年，在一次大吵之后我离家出走了，在各个朋友家辗转住了一周。我愤愤地告诉你们，我恨你们，我等不及要离开这个家。但在内心里，我渴望着你们的爱和亲情。我常幻想着我能拥有一个如同电影里看到的那种家庭，家人之间像亲密朋友那样交谈，见面和告别的时候都能拥抱一下。Mitbbs.com

勉强地我还是按你们为我计划好的路继续走了下去，考进名校商学院，有一个朝九晚五的工作，直到我再也坚持不下去了。我毕业后的工作是在一个顶级会计师事务所，但没有什么比这个更不适合我的了。上司主管注意到了我的不适应，在2012年，入职不到8个月的我被解雇了。Mitbbs.com

当着整个办公室的面清理个人物品离开公司已经够难堪的了，但告诉你们这件事更加让我羞愧。那阵子甚至为了不见你们，我曾想过从阳台跳下去算了。后来让我想通的是，我决定找一条适合自己的路，一条能让我骄傲地面对你们的路。Mitbbs.com

# Dr William Glasser's *Basic Needs*

				
<b>Love &amp; Belonging</b>	<b>Power</b>	<b>FUN</b>	<b>Survival</b>	<b>Freedom</b>
<ul style="list-style-type: none"><li>✓ belonging</li><li>✓ being loved</li><li>✓ being respected</li><li>✓ friendship</li><li>✓ sharing</li><li>✓ cooperation</li></ul>	<ul style="list-style-type: none"><li>✓ recognition</li><li>✓ success</li><li>✓ importance</li><li>✓ achievement</li><li>✓ skills</li></ul>	<ul style="list-style-type: none"><li>✓ enjoyment</li><li>✓ laughter</li><li>✓ learning</li><li>✓ change</li></ul>	<ul style="list-style-type: none"><li>✓ health</li><li>✓ relaxation</li><li>✓ sexual activity</li><li>✓ food</li><li>✓ warmth</li></ul>	<ul style="list-style-type: none"><li>✓ choices</li><li>✓ independence</li><li>✓ freedom from</li><li>✓ freedom to</li></ul>

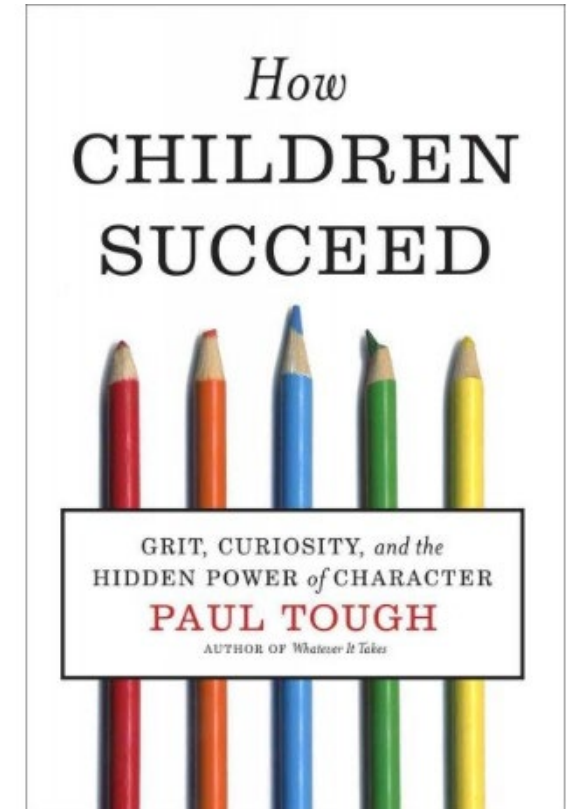


- 我们想要培养什么样的孩子？
- 怎么样的孩子，人到中年时能在美国成功？

# 'CHILDREN SUCCEED' WITH CHARACTER, NOT TEST SCORES

- Grit (坚毅)
- Self-control (自控力)
- Zest (热忱)
- Social Intelligence (社交智能)
- Gratitude (感恩)
- Optimism (乐观)
- Curiosity (好奇心 / 求知欲)

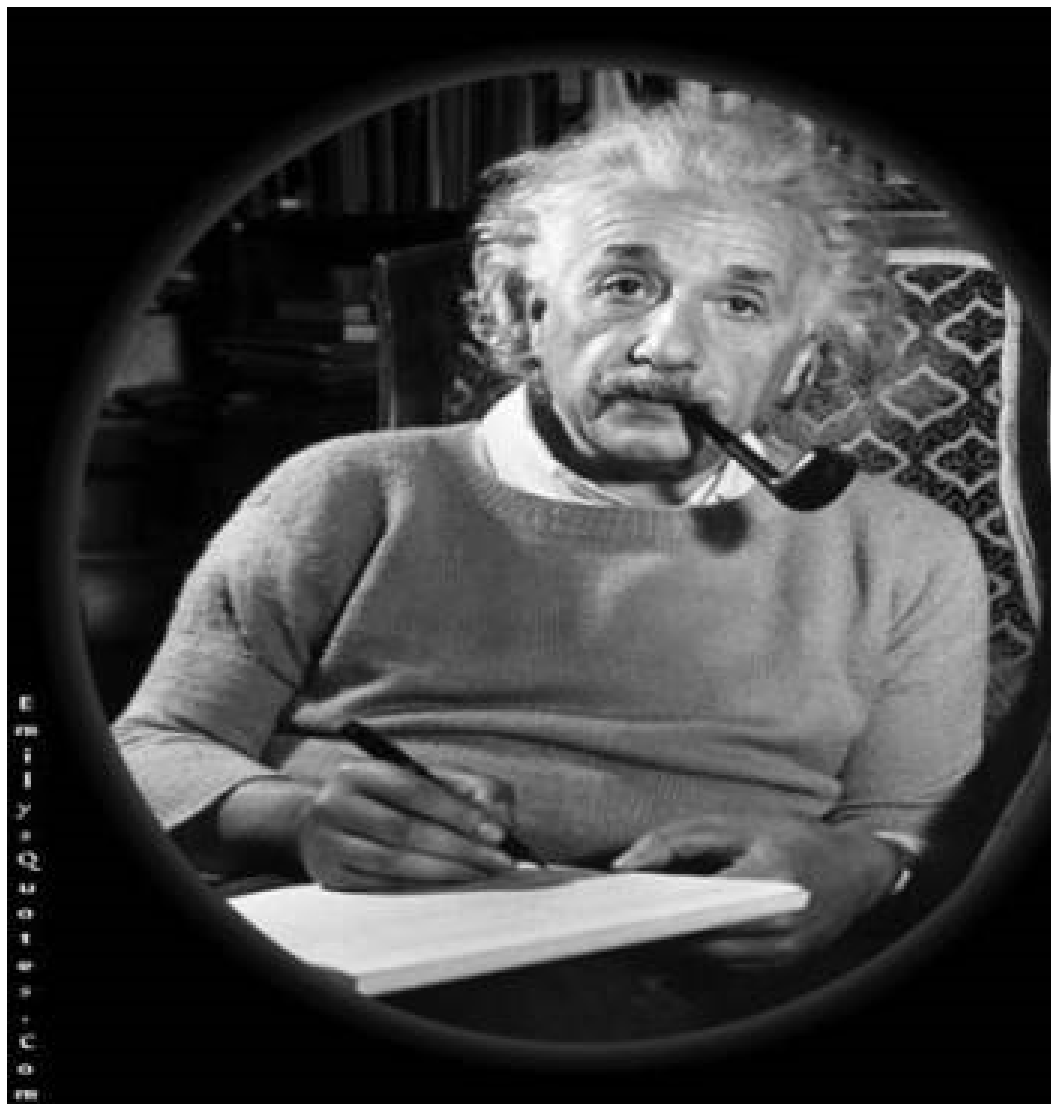
Prepare kids for **COLLEGE**  
vs. for **LIFE**



How Children Succeed  
Grit, Curiosity, and the Hidden Power of  
Character

by Paul Tough

回头想想，我们小学、初中、高中、大学甚至研究生期间学习的具体知识还能记住多少呢？

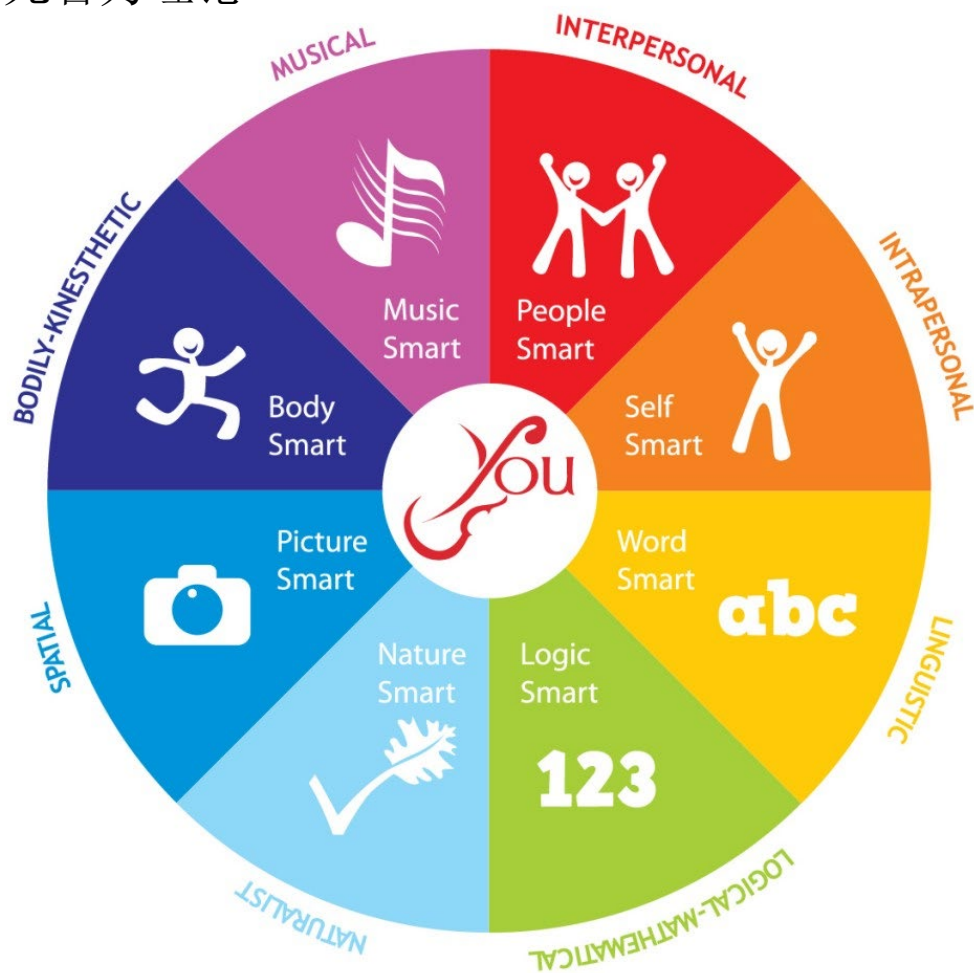


Education is  
what remains  
after one has  
forgotten  
what one  
has learned  
in school.

~ Albert Einstein

# 了解你孩子的长处

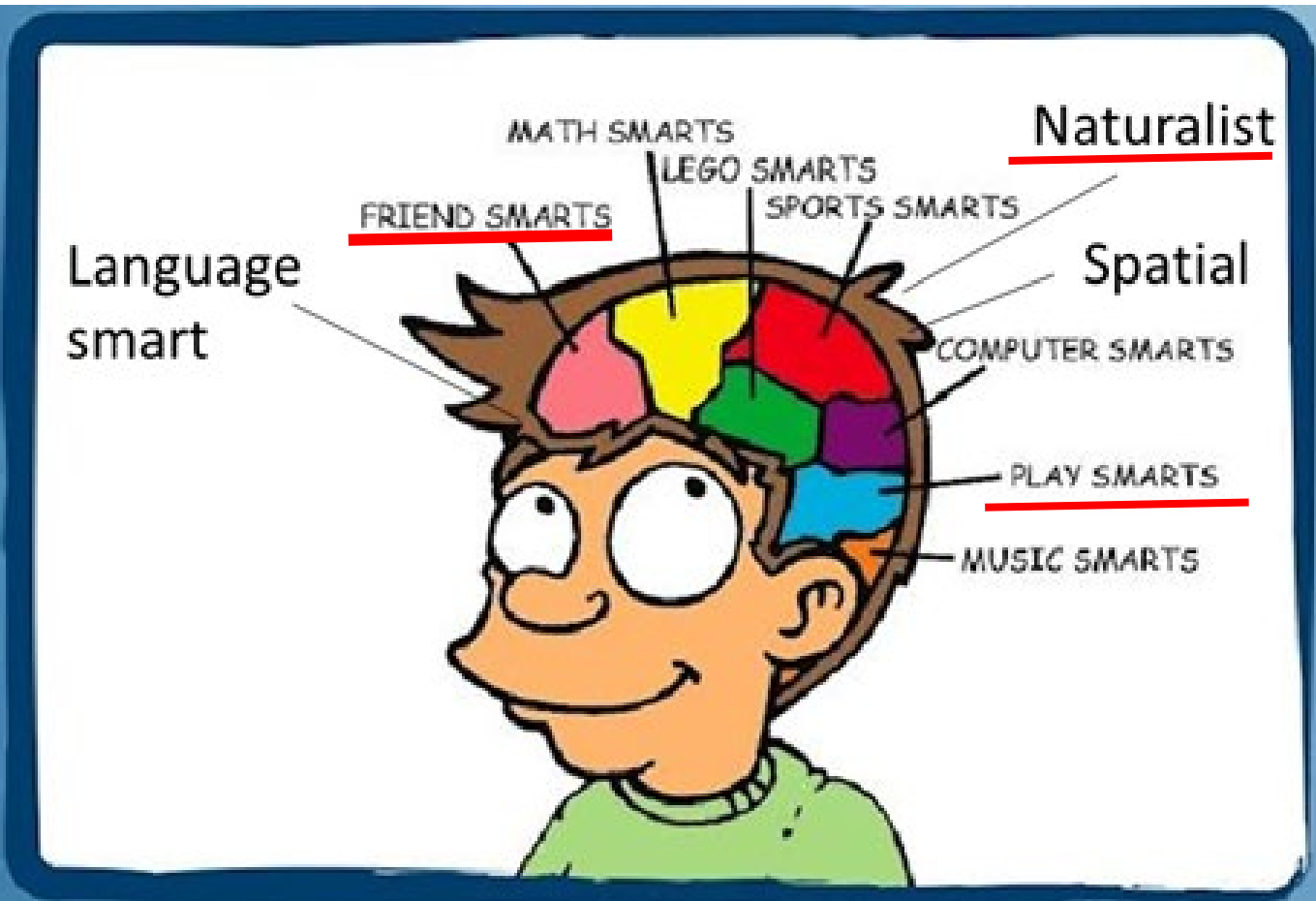
多元智力理论



“如果你按爬树的本领来评价一条鱼，那它一辈子都会相信自己很愚蠢。”

“养育孩子，远远不只是修理他们的错误，而是帮助他们找到自己的闪光点，进而把这些长处充分发挥出来，成为一生的热爱。”

- 积极心理学创始人之一，  
马丁·塞利格曼博士(Dr. Martin  
E. P. Seligman)



In our brains there are all types of "smarts." Some people have really great computer smarts, music smarts, sports smarts, math smarts, or even Lego™ smarts!





二十四項性格強項 (Character Strengths) 可以歸納在六種美德之中：



## PERIODIC TABLE OF CHARACTER STRENGTHS

WHAT ARE YOUR STRENGTHS  
AND WHICH DO YOU WANT TO DEVELOP?

WISDOM	COURAGE	JUSTICE	TEMPERANCE	TRANSCENDENCE
CREATIVITY	BRAVERY	SOCIAL RESPONSIBILITY	FORGIVENESS	APPRECIATION OF BEAUTY
CURIOSITY	PERSEVERANCE	HUMANITY	HUMILITY	GRATITUDE
LOVE OF LEARNING	HONESTY	LOVE	PRUDENCE	OPTIMISM
PERSPECTIVE	ENTHUSIASM	KINDNESS	FAIRNESS	HUMOR
		SOCIAL INTELLIGENCE	LEADERSHIP	SPIRITUALITY

WATCH THE SCIENCE OF CHARACTER AND LEARN MORE AT [WWW.LETITRIPPLE.ORG](http://WWW.LETITRIPPLE.ORG)

The idea and design of this Periodic Table of Character Strengths are creations of Let It Ripple (S01c3), and are based on research explored in our film The Science of Character, including research by Dr. Martin Seligman and Dr. Christopher Peterson. The classification of character strengths and virtues is copyrighted by VIA Institute on Character and is used with permission.

# 练习/作业

- 寻找自己和孩子的优点  
Complete FREE VIA character strength survey
- <https://www.viacharacter.org/survey/account/register>
- 记得青少年的大脑要在25 才完全成熟

XXX

VIA Character Strengths Profile  
11/23/2020



## 1. Humility

TEMPERANCE

Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.



## 2. Perseverance

COURAGE

Finishing what one starts; persevering in a course of action in spite of obstacles; “getting it out the door”; taking pleasure in completing tasks.



## 3. Kindness

HUMANITY

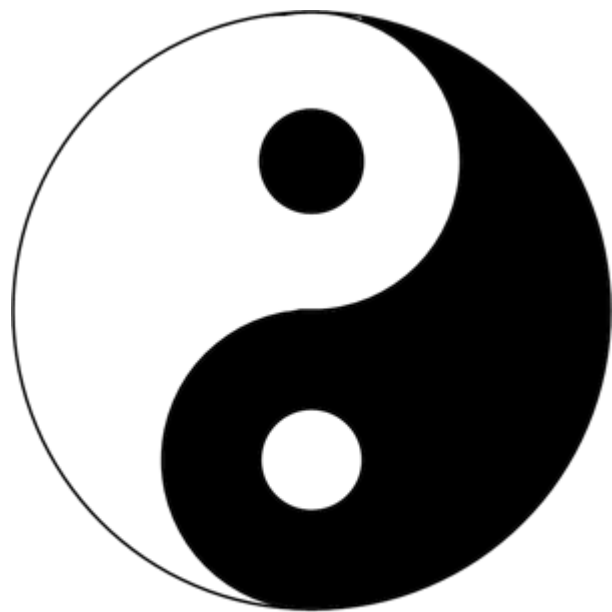
Doing favors and good deeds for others; helping them; taking care of them.

**美国华人家庭的优势 STRENGTH ?**

**中国文化的优势?**



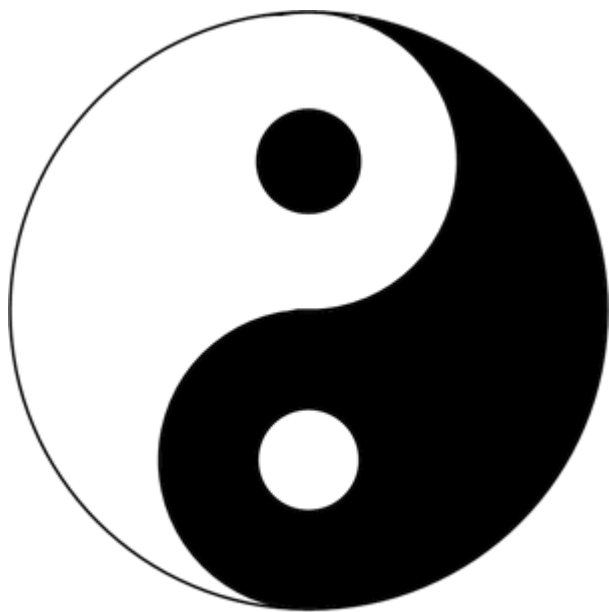
## 为何太极图中是曲线而不是直线？



传统太极图



## 为何太极图中是曲线而不是直线？



传统太极图

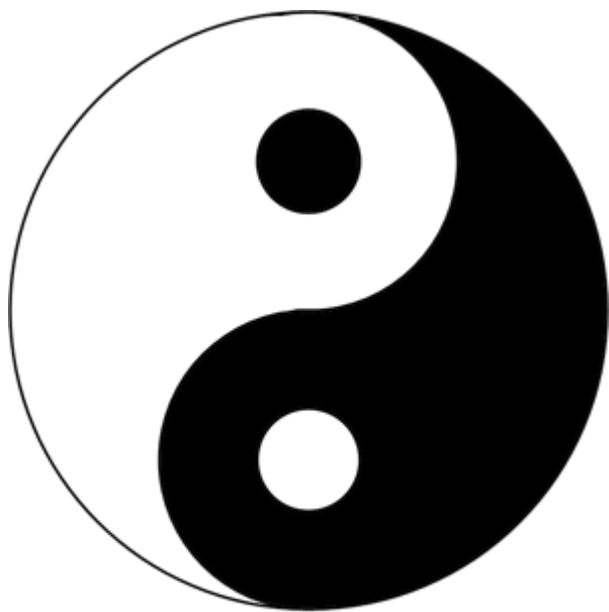
- 一位老婆婆去找禅师说：“我每一天都很忧愁，禅师能否帮帮我？”
- 禅师问是为何，老婆婆说：“我有两个女儿，大女儿嫁个卖伞的，小女儿嫁给卖帽子的。
- 如果是晴天，我就担心大女儿家没生意。如果是雨天，我就担心女儿家没生意。，因此，每一天都很忧愁。”

禅师笑笑：“呵呵，其实你应该每天都很开心呀。如果是晴天，小女儿家生意好。如果是雨天，大女儿家生意好。这样来看，天天是好天。”



# 中国文化

## 为何太极图中的分隔线是曲线而不是直线

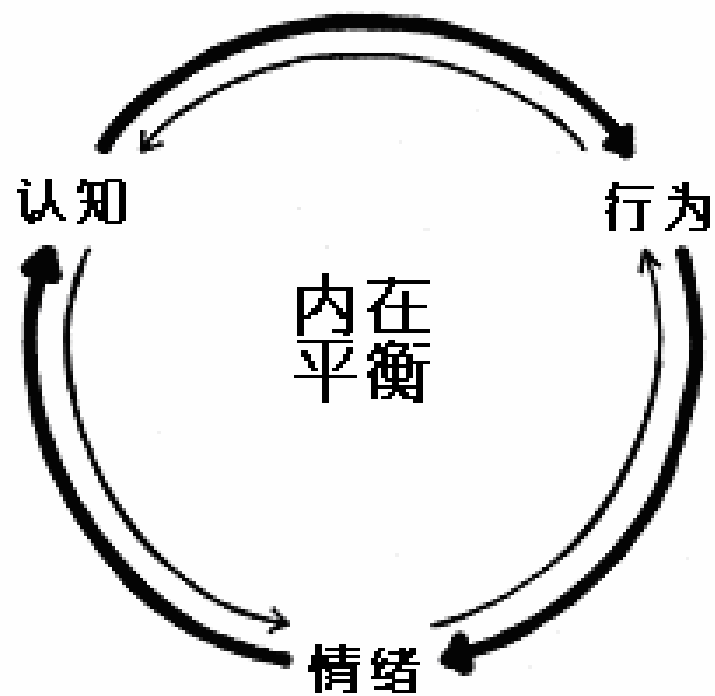


传统太极图

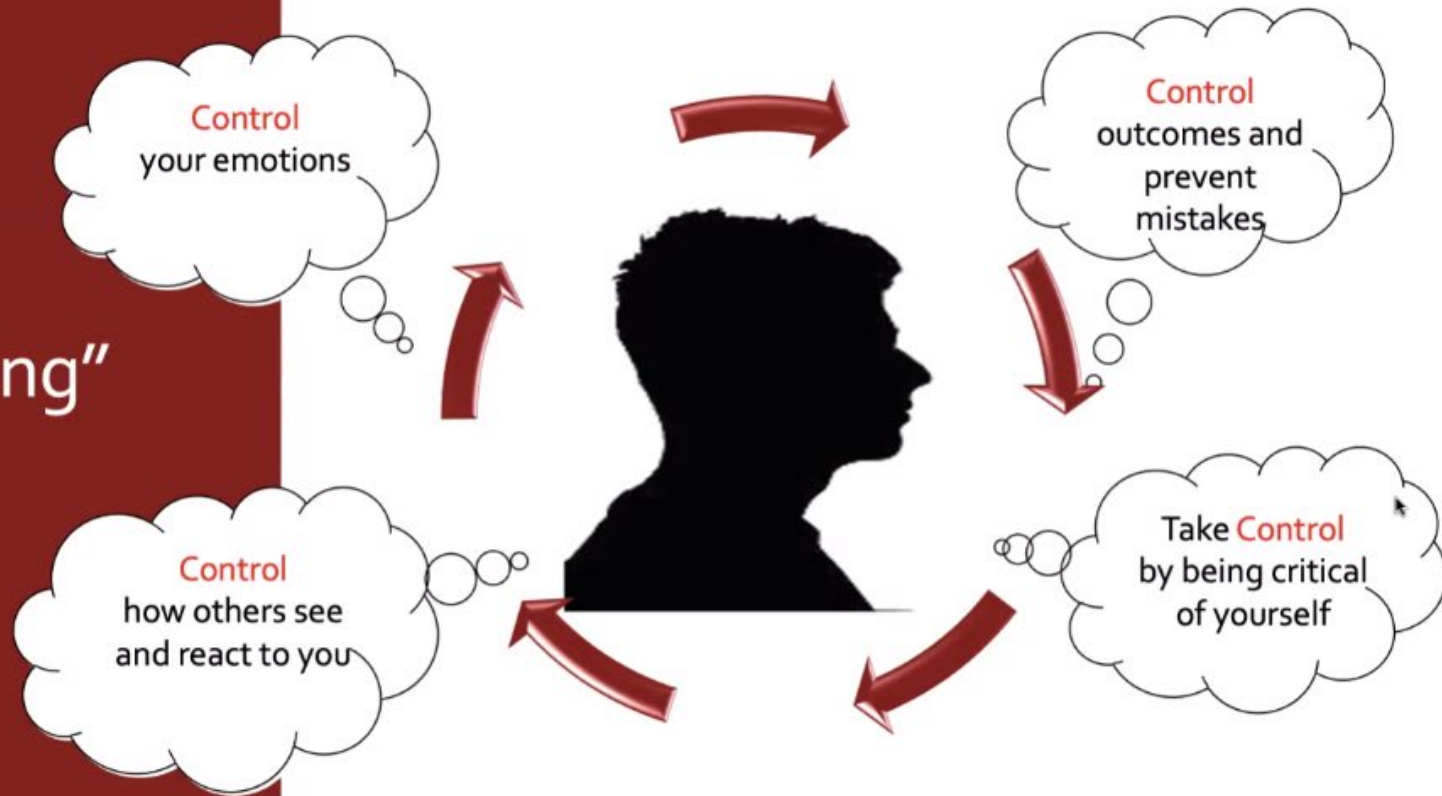
- 生活起起落落。没有事物是永恒的。
- **危机**：在变化中等待转机。既来之则安
- 福祸相依：目前的困难未必绝对是坏事
- 对于无法改变的事，就接纳它，顺其自然，也别失去希望。
- 逆境，抑郁：生活不见天日、令人沮丧，正如图中黑暗处的小「阳」点，暗处总是有光明
  - Anxiety example
- 顺境：看似美好，正如图中阳极的小「阴」点，一切不可能完美。



# 重新构建新的平衡



"I'm Failing"





# What are Some Challenges Facing Asian American Youth and Parents in our Community?

39 essays submitted

Chinese, Vietnamese, Indian, Thai, Korean,  
Pakistani

<http://en.pavhc-dc.org/hear-me-out.html>

CCACC Mental Health 360° Presents:



**2018**  
**ESSAY CONTEST**

**Teens:** Do you have something you wish your parents would understand?

**Parents:** Is there something you want to express to your children but are unable to?

Communication between immigrant parents and their children growing up in the U.S. can be difficult. The two generations grew up in different contexts and often misunderstand each other.

**We want to hear from you!**

## MODEL MINORITY MYTH

- “我的非凡成绩因为种族打了折扣。上高中时，我从来都不为自己感到骄傲，因为人们会说，哦，你又考全A？那是因为你是亚裔，天生的嘛，有什么可骄傲的呢？”
- "When I was in high school, I didn't feel proud of anything," said Qiao, "Because people will say like, 'Oh, you aced all tests? It's because you're an Asian.' Then what are you supposed to be proud of?"

<https://uscstoryspace.com/2017-2018/dnie/Capstone/asiansuicide/index.html>

- **When Asian students' academic achievement is not being acknowledged and recognized at school**, and Asian parents do not praise them at home, how can Asian American youth find their confidence and identity?

# HIGH EXPECTATION AND PRESSURE

## ○ High Expectation and perfectionism

- Definition of “success”: All As, no A- [“We are Asian, not Bsian”]
  - “When you brought home a test with a 99% score, I focused on the 1% you missed.”
  - “When I was in high school, I didn't feel proud of anything,” said Qiao (Harvard senior), “Because people will say like, 'Oh, you aced all tests? It's because you're an Asian.' Then what are you supposed to be proud of?”

## ○ Competition & Comparison

- “In your eyes, I was not good enough.” 父母过分强调谦虚，过多使用批评
- “Comparing me with others at such moments makes me feel anxious, disoriented, and extremely awkward.”

## STUDENTS IN HIGH-ACHIEVING SCHOOLS ARE NOW NAMED AN “AT-RISK” GROUP - THE WASHINGTON POST

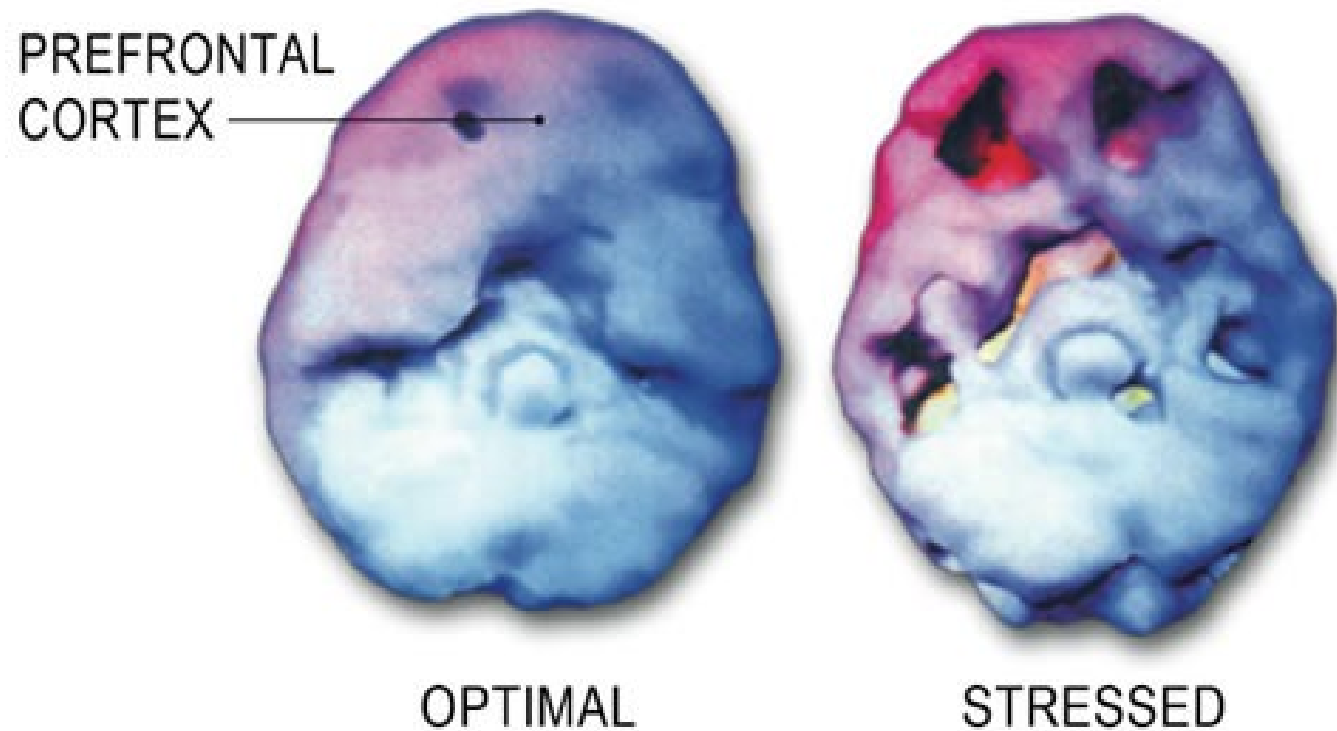
“Facing record-low acceptance rates at top colleges, many students feel tremendous pressure to achieve and résumé-build in all aspects of their young lives. In the pressurized ecosystem of high-achieving schools, driven students must out-compete each other for few coveted spots, whether it’s a seat in AP calculus or a spot on the debate team. Even activities that once were stress-reducers, like playing a musical instrument or a sport, have become a means to an end, that end being a spot at one of the country’s most competitive colleges and then on to a prestigious, high-paying career.”

- based on a report published by National Academies of Sciences, Engineering and Medicine

○ **How to support your child academically without putting too much pressure?** 如何维持我们的标准，但不给孩子太多的压力？

<https://www.washingtonpost.com/lifestyle/2019/09/26/students-high-achieving-schools-are-now-named-an-at-risk-group/>

## 长期的压力--大脑的病变 心理疾病的神经生理因素



ADVANCED BRAIN IMAGING TECHNOLOGY (SPECT) SHOWS THE IMPACT OF TRAUMATIC AND ACUTE STRESS ON THE BRAIN. THE "FUNCTIONAL HOLES" SEEN IN THE PREFRONTAL CORTEX (UPPER RIGHT) REPRESENT AREAS OF SEVERE BRAIN DYSFUNCTION.



- “Our job as parents is to help our children feel **unconditionally loved** so their self-esteem doesn’t rest on the splendor of their accomplishments,”
- “The best way to protect a child, Dr. Luthar says, is to keep the **lines of communication open, to set limits and to follow through with them.**”
- 亲子关系和沟通最重要！

<https://www.washingtonpost.com/lifestyle/2019/09/26/students-high-achieving-schools-are-now-named-an-at-risk-group/>



## UNCONDITIONAL LOVE 无条件的爱

- Do your child know that you love them unconditionally?
- Will you still love your son/daughter if they want to flip a burger, work in a bakery...?
- “我们大多数是通过学校到这里来的。那是因为这个国家的门对我们是开在学校里的。对孩子们来说，学校不是他们改变命运的主要途径。不上藤校真的没有那么重要。有那么多领域可以出头。你要是观察美国本土的孩子，他们没有那么重的藤校情节。他们很放松因为他们知道有九千九百九十九条路可走。别把我们的孩子带到我们走过的路上来。我们不得不走的路，不是孩子非要走的路”

## 移民家庭父母常见的沟通错误

1. 不了解移民背景如何影响家庭。
2. 经常批评孩子、太过经常地使用会引发羞耻感guilt induction的管教方式
  - 将自己的孩子与别的孩子做比较。
  - 人身攻击
3. 没有在言语上与肢体上对这些在美国成长的孩子表露出足够的情感。
4. 过分重视工作与财务，而忽视了家庭在发展与社交上的需求。
5. 管太多或过分保护。

黄威诚教授 “提升您的‘心晴’指数”





# 美国长大的孩子最常犯的错：

1. 不了解移民背景如何影响他们的家庭。
2. 不表达他们对父母亲的感恩与尊重。
3. 不了解他们父母亲因为文化差异而造成不同的表示关爱的方式。
  - “你吃了么？” vs. “我爱你！” “我真为你骄傲！”
4. 对自己的族裔文化不够了解或认同。
5. 过分着重自己的需求，而没有把足够的心思和精力放在家庭角色或责任上。

黄威诚教授 “提升您的‘心晴’指数”



# 文化冲突和种族歧视

- Differences in Asian cultural values vs. mainstream U.S. values
  - “Don’t question, just follow.” vs. “**Must question, don’t just follow.**”
  - Importance of independence in U.S. culture
- “I grew up very self-conscious and confused...Why can’t I be like every other kids.”
- “Why can’t my parents be like my American friends’ parents?”
- “My children struggled through cultural conflicts all alone, and I did not understand their struggles.”
- “I have not idea the girls can be so mean in middle school.”
- 新冠初期 50%的Chinese American 家长孩子受到歧视 (Cheah, et al., 2020)

# ACTIVE LISTENING & FOSTER POSITIVE RELATIONSHIP 倾听和亲子关系


- Request from Asian American Youth from “Hear Me Out” essay contest:
  - “What we really starve for from our parents is a listening and understanding heart, **accepting us and appreciating the way we are**, products of this society they chose to raise us in.”
  - “Both my parents and I need to know how to **compromise** on topics we don’t agree on.”



# 有时候我实在很生气...

What to say...

## WHEN YOUR KID SAYS




YOU'RE THE WORST MOM EVER!

Try our 3R Co-regulation Script!

### 1 Regulate your own triggers

Take a deep breath.  
Focus on a long exhale.

**BREATHE**



"This isn't an emergency."  
"She is having a hard time."  
"I can cope with this."

**MANTRA**

你的Mantra?

- 是我亲生的!
- 不和他们较真
- 大人不计小人过
- 青春期的孩子大脑还没有完全成熟，容易冲动。我的大脑已经成熟了...
- Calm
- Let go
- ...



# STAY CALM AND FIND THE RIGHT TIMING

- 🔗 When a problem arises, it is natural to get emotional or upset
  - + This may make it harder to think clearly and to use the problem-solving steps
  - + 放松训练
- 🔗 If your teenager brings up a problem and you feel yourself getting angry or upset, **take a step back**
  - + Tell your teenager that you understand their concerns and will talk to them about it at a later time (give a specific: “I will come talk to you about this in 30 minutes”)
  - + 退一步海阔天空
  - + 家和万事兴

Calm



# 倾听，传达同理心和理解

- 表达您了解孩子的感受
- 不要急着解决问题或提供建议；只需先听，表达你理解孩子

## 举例：

有人伤了你的心啊！发生了什么？  
发生了什么？发生这种情况时你需要什么？  
最糟糕的部分是什么？

## ACTIVITY

- A: “I got a promotion today. I will be the director of my unit and it comes with a \$1,000 bonus.”
- B: “Only \$1,000? I heard Amy got a \$5,000 bonus.”
  
- How does it make A feel?
- What can B say instead?

## ACTIVITY

- Child: “My swimming score improved by 2 seconds!!!”
- Parent: “Good. But I saw Tom’s score improved by 5 seconds. Tom is always doing better than you. You have to try harder.”
  
- What will the Child feel?
- What can the Parent say instead?



## PRAISE 认可和鼓励

- When was the last time you praised your child and what did you praise him/her for?
- Anything you experience as rewarding- winning a match, getting recognition by parents/peers → sense of competence → a higher level of **dopamine** → **drive/motivation** .
- Suggested Positive: Negative interaction = 5:1
- “What if I cannot find anything to praise?”



## POSITIVE INTERACTION


- 每个孩子身上都有闪光点！

孩子弹钢琴总有好的地方

- “孩子你看这么难的曲子，你都坚持练了一个多星期了，我特别佩服你这种毅力。”

不会弹钢琴的爸爸，每次孩子弹琴时就靠在旁边，用既羡慕又崇拜的眼光看着孩子，然后说“你弹的真好！”孩子就可喜欢弹钢琴了。

## 不同类型的表扬/鼓励

- 具体描述式的表扬：你做了xxxxxxx, 真厉害!
  - 询问式的表扬：你今天这个项目做的真好，你怎么做到的啊？
  - 感谢式表扬：你今天帮助弟弟，真的让我很欣慰！
  - 赋权式表扬：你想做xxx, 我都支持你！
  - 表扬努力的过程，而不仅仅是“你真聪明”
  
  - 不要总说“你这点做的很好，但是...”
  - “我不愿意得B, 更愿意得C, 因为我得到B时 我妈妈就会说：考得不错，但是你再努力一点就可以拿A.”
  
  - “and” NOT “but”
- 

# 分组练习

## 情景

你的孩子对生物非常感兴趣。他/她努力准备生物实验，最后只获得了85分。你的孩子感到很沮丧。

- 你如何倾听并且表扬(鼓励)你的孩子?

# Signs and Symptoms of Depression



## Did you know ?

- \* Suicide is the second leading cause of death for Asian Americans between the ages of 15-24
- \* 17.7% Asian American high school students reported seriously considering suicide (21.3% women, 14.9% men)
- \* 7.8% Asian American high school students reported having attempted suicide (11.1% women, 5.2% men)

Source: American Psychological Association, Office of Minority Health

## SKILL. PAY ATTENTION TO SIGNS OF DISTRESS, & TEACH COPING SKILLS

- Find relaxation strategies that work for you/ your child
- <https://www.youtube.com/watch?v=aaTDNYjk-Gw&t=107s>
- <https://www.youtube.com/watch?v=cDKyRpW-Yuc>

# SEEK PROFESSIONAL HELP 寻求专业帮助

## FIND A MENTAL HEALTH PROVIDER

- Pediatrician (screening, referral, diagnosis)
- School psychologist and school counselors (screening, referral)
- Mental health provider under your health insurance plan (psychiatrist, licensed psychologist, licensed professional counselor, marriage and family therapist, clinical social worker)
- Find quality treatment options close to home using Substance Abuse and Mental Health Service Administration's (SAMHSA) confidential and anonymous online treatment locator: <http://findtreatment.samhsa.gov>.
- Find a psychologist through American Psychological Association <https://locator.apa.org/>
- Dialectical Behavioral Therapy program for students with suicidal thoughts and behaviors: <https://www.pbshealthcare.com/dbt-overview>

# 24 种性格强项

二十四项性格强项 (Character Strengths) 可以歸納在六種美德之中：



# 免费测量孩子的优势

<https://www.viacharacter.org/survey/account/register>

## PERIODIC TABLE OF CHARACTER STRENGTHS

WHAT ARE YOUR STRENGTHS AND WHICH DO YOU WANT TO DEVELOP?

WISDOM	COURAGE		JUSTICE	TEMPERANCE	TRANSCENDENCE
CREATIVITY	BRAVERY		SOCIAL RESPONSIBILITY	FORGIVENESS	APPRECIATION OF BEAUTY
CURIOSITY	PERSEVERANCE	HUMANITY	TEAMWORK	HUMILITY	GRATITUDE
LOVE OF LEARNING	HONESTY	LOVE	FAIRNESS	PRUDENCE	OPTIMISM
PERSPECTIVE	ENTHUSIASM	KINDNESS	LEADERSHIP	SELF-CONTROL	HUMOR
		SOCIAL INTELLIGENCE			SPIRITUALITY

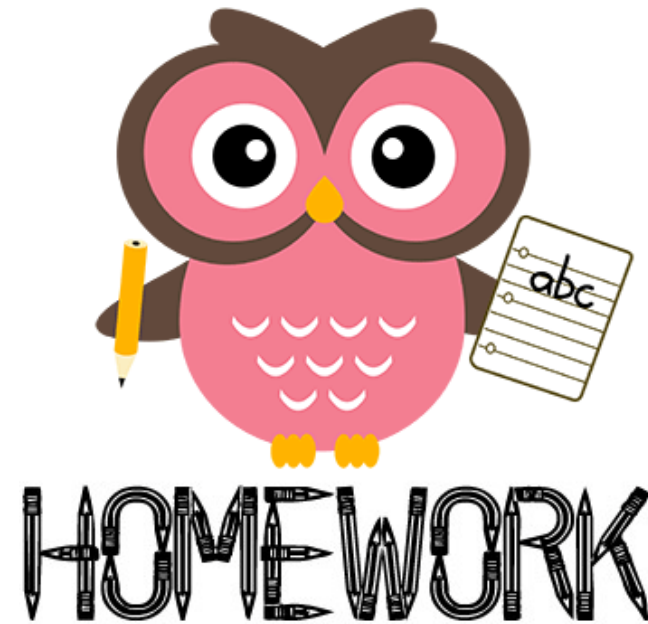
<https://www.letitripple.org/>  
character-day/  
student/

WATCH THE SCIENCE OF CHARACTER AND LEARN MORE AT [WWW.LETITRIPPLE.ORG](http://WWW.LETITRIPPLE.ORG)



# TAKE HOME MESSAGE

- Poll 反馈
- 记得青少年的大脑要在25 才完全成熟
  - Teen's brains (Prefrontal Lobes) are not fully mature yet, and they may struggle with the top-down-regulation of behavior.
- Self-care
- 积极反馈： 消极反馈= 5:1
- 了解我们自己和孩子的优点  
FREE VIA character strength survey
- <https://www.viacharacter.org/survey/account/register>



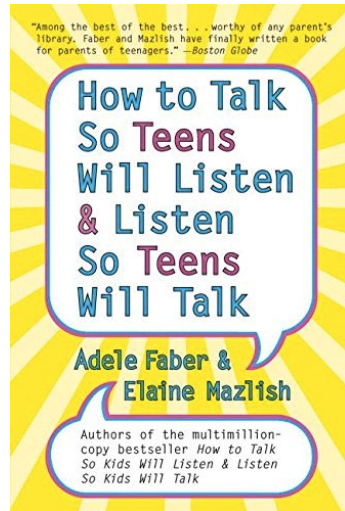
# MENTAL HEALTH NEEDS AMONG ASIAN AMERICAN

- 2016 Vital Statistical Reports (Heron, 2018): suicide is **the first** leading cause of death among Asian Americans ages 15-19
- The suicide death rate is 9.3 per 100,000 population, higher than non-Hispanic Black (6.1), and Hispanic (6.8) youth.
- Second generation Asian Americans: **higher** instances of mental health disorders compared with non-immigrant (3+ generation) non-Hispanic Whites (OR= 2.51; 95% CI = 1.22-5.17, Georgiades et al., 2018).
- 和其他族裔相比，更少亚裔向心理健康专家寻求专业帮助
- Zappos 创办人谢家华2021年不幸身亡。<<Forbes>>报导他吸毒，酗酒，内心孤独。**亿万富豪，为什么会孤独？会吸毒？**
- 收入高≠幸福。和孩子讨论“幸福是什么”



# PARENTING RESOURCES

- “How to talk to teens will listen and listen so teens will talk” (Faber & Kazdin)
- “Nonviolent communication” (Rosenberg)
- “How children succeed” (Tough)
- “The Kazdin method for parenting the defiant child” (Kazdin)
- “The whole brain child” (Siegel)
- PET Parent Effectiveness Training.



If “violent” means acting in ways that result in hurt or harm, then much of how we communicate could indeed be called “violent” communication.

## Nonviolent COMMUNICATION

A Language of Life



Words matter. Find common ground with anyone, anywhere, at any time, both personally and professionally.

MARSHALL B. ROSENBERG, PhD

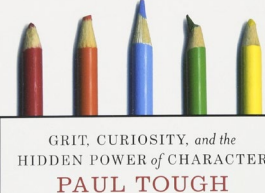
Foreword by Deepak Chopra

Endorsed by Tony Robbins, Arun Gandhi, Marianne Williamson, John Gray, Jack Canfield, Dr. Thomas Gordon, Riane Eisler, and others

“Powerful, clear-eyed, beautifully written... *How Children Succeed* will change the way you think about children.” —ALEX KOTLOWITZ

NEW YORK TIMES BESTSELLER

## How CHILDREN SUCCEED

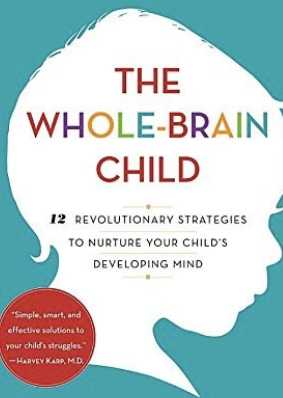


“Quote to come, quote to come, quote to come, etc.” —New York Times

## The KAZDIN METHOD for Parenting the Defiant Child



NEW YORK TIMES BESTSELLER



## RECOMMENDED BOOKS

- The Self-Driven Child by William Stixrud
- The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel Siegel & Tina Payne Bryson
- Feeling Good: The New Mood Therapy and The Feeling Good Handbook by David Burns

For younger children <12

- What to do when you feel [too shy, worry too much; grumble too much...] self-help book series by Magination Press (from American Psychological Association)



## RESOURCES

- **Tips for positive parenting of teens:** <http://www.ahaparenting.com/ages-stages/teenagers/parenting-teens>
- **Conversation starters:** <http://www.ahaparenting.com/parenting-tools/communication/family-discussions>
- **30 ways to connect with your teen:** <http://www.ahaparenting.com/ages-stages/teenagers/tips-bond-close-teen>
- **Books on parenting teens:** <http://www.ahaparenting.com/ages-stages/teenagers/Best-books-parenting-teens>



# HELPFUL WEBSITES

## ABOUT BULLYING & RELATED ISSUES

- [www.ncpc.org/topics/bullying](http://www.ncpc.org/topics/bullying)
- [www.operationrespect.org](http://www.operationrespect.org)
- Stopbullying.gov
- Common Sense Media
- Video-resources with discussion questions:
  - <http://www.schoolclimate.org/bullybust/upstander/video-resources>
- Talking to kids about discrimination
  - <http://www.apa.org/helpcenter/kids-discrimination.aspx>
  - <https://psychologybenefits.org/2014/09/18/redefining-race-relations-it-begins-at-home/>
  - <https://www.psychologytoday.com/blog/the-race-good-health/201708/race-in-america-tips-talking-children-about-racism>
  - <http://www.apa.org/pi/res/parent-tips.pdf>
  - <https://www.counseling.org/resources/library/Selected%20Topics/Bullying/Teasing.htm>



## Websites:

- 🔗 Common Sense Media
- 🔗 Stopbullying.gov

## Books:

- 🔗 For teens:
  - + *Backlash* by Sarah Darer Littman
  - + *#Scandal* by Sarah Ockler
- 🔗 For children:
  - + *Bully* by Patricia Polacco
  - + *The Technology Tail* by Julia Cook



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**[HTTPS://EDUCATION.UMD.EDU/RESEARCH-  
COLLEGE/LABS/BULLYING-PREVENTION-AND-MENTAL-  
HEALTH-PROMOTION-LAB/LAB-NEWS-AND-PROJECTS](https://education.umd.edu/research-college/labs/bullying-prevention-and-mental-health-promotion-lab/lab-news-and-projects)**

**THANK YOU!**

