

**THE THREE Cs
STRATEGIES FOR PARENTS OF CHILDREN AGES 12 – 18**

PROTECTIVE FACTORS	PARENTS' ROLES
Connection	<p>Spend time with the child: listen, guide, enjoy</p> <p>Schedule family times</p> <p>Support and encourage positive connection with other adults and peers at school and in the community</p> <p>Be a sounding board for good decision-making about activities and relationships</p> <p>Build a parent network to develop and implement shared rules and guidelines</p>
Competence	<p>Provide a platform for autonomy and mastery</p> <p>Model and coach the child in social competence (e.g., how to build close relationships, seek and offer help, respect differences, resolve conflicts, maintain healthy boundaries and resist negative peer pressure)</p> <p>Support and encourage the ongoing development of domains of competence (the arts, sports, academics, career-focused skills, and other special interests)</p>
Contribution	<p>Engage the child in planning and decision-making with the family (e.g. meals, activities, trips, budgeting, solving problems)</p> <p>Expect the child to contribute to the work of the household</p> <p>Model and engage the child in contributing to the community</p> <p>Explicitly teach the values of giving and service</p>