

Section I. Issues					
Section II. Responsive Programs					
Date	Issues	Program	Time	Duration	Notes
7/2/2022	Life skills	Parenting Today's Teens - Mark Gregston	11:00AM CT	25 Min	Mark Gregston & Wayne Shepard discuss using summer breaks to make needed changes in the lives of teens. Summer is a natural transition time and can be a good time to help kids develop skills and learn how to handle responsibility. Discuss kids goals and help them find ways to achieve their goals. Help kids develop good work ethics by setting expectations and encouraging behavior that will help them succeed later in life.
7/9/2022	Underage Drinking	Parenting Today's Teens - Mark Gregston	11:00AM CT	25 Min	Mark Gregston & Wayne Shepard discuss statistics of teen substance use. There is a noted shift away from alcohol to other substances. Experimentation and use starts in middle school years. Parents need to be firm about setting limits and being aware of influences in their teens life. Open and honest communication is important in instilling good values and strong boundaries in kids.
7/16/2022	Teen Internet Use	Parenting Today's Teens - Mark Gregston	11:00AM CT	25 Min	Mark Gregston & Wayne Shepard advises parents on how they can set healthy boundaries when it comes to their teen's life online. This includes setting time limits, discussing internet safety and encouraging healthy face to face relationships with others.
7/23/2022	Healthy Communication	Parenting Today's Teens - Mark Gregston	11:00AM CT	25 Min	Mark Gregston & Wayne Shepard discuss the importance of listening to teens and developing healthy communication skills. Being heard makes teens feel valued. Good communication skills developed with parents can translate to good communication skills with others as teens move into adult relationships, friendships and jobs.
7/30/2022	Conflict Management	Parenting Today's Teens - Mark Gregston	11:00AM CT	25 Min	Mark Gregston & Wayne Shepard discuss how to manage conflict with teens and how it can be used to build relationships rather than tear them apart. Conflict is often a precursor to change. The word "conflict" has a negative connotation. But if reckoned properly, conflict can be a force for positive change!
8/6/2022	Loss & Grief	Parenting Today's Teens - Mark Gregston	11:00AM CT	25 Min	Mark Gregston & Wayne Shepard discuss grief and loss. It's never easy to know what to say when someone is going through loss. And it becomes even harder when that someone is your teen! This episode covers how to uncover the hurt in teens' lives and help them move past their emotional wounds.
8/13/2022	Teen Cell Phone Use	Parenting Today's Teens - Mark Gregston	11:00AM CT	25 Min	Mark Gregston & Wayne Shepard shares some helpful tips for training teens to use their phones responsibly. Teens these days don't go anywhere without their phones. Frankly, adults don't either! So how can moms and dads help their teens establish healthy phone habits?
8/20/2022	Parent/Teen Relationships	Parenting Today's Teens - Mark Gregston	11:00AM CT	25 Min	Mark Gregston & Wayne Shepard discuss the fragile nature of parent/teen relationship. Help teens practice good decision making. Allow kids to make choices. Be selective about the timing when offering corrections. Choose your "battles" carefully. Don't dismiss teens opinions. Allow them to talk without judgement. Words spoken in the heat of a disagreement can be harmful but allowing teens time to decompress can allow you to discuss sensitive topics with your teen with calmer minds. Constant nagging, correction and judgement can be a tipping point.
8/27/2022	Motivation	Parenting Today's Teens - Mark Gregston	11:00AM CT	25 Min	Mark Gregston and Wayne Shepard discuss how parents can discover what motivates their teens and how to move them toward productivity. Do you feel like your teen is lazy? Unmotivated? Chances are your teen has motivations—they just may not be the same as yours. Teens may be struggling with depression, anxiety or insecurities that are holding them back.
9/3/2022	Communication	Parenting Today's Teens - Mark Gregston	11:00AM CT	25 Min	Mark Gregston & Wayne Shepard reveals four common mistakes parents make with communication, and how you can engage differently with your teen. Parents need to assess if their current communication patterns with your teen working? Or have they hit a roadblock? Engage with teens in a training mode where you are listening more and encouraging them to think through things for themselves rather than trying to give them all the answers.
9/10/2022	Depression	Parenting Today's Teens - Mark Gregston	11:00AM CT	25 Min	Mark Gregston & Wayne Shepard explains the causes and signs of depression, and what parents can do to help. Depression is much more prevalent today than 30 years ago. The increase in the access to the negative and overwhelming influences of the world that are constantly bombarding teens contributes to the mental health of teens. Teens often self medicate with substances, withdraw from social life or self harm to try to cope with negative emotions. Parents can start establishing safe lines of communication with pre teens. Encourage teens to express emotions and if necessary, engage a professional.
9/17/2022	Fostering Respect	Parenting Today's Teens - Mark Gregston	11:00AM CT	25 Min	Mark Gregston & Wayne Shepard give parents the tools to set appropriate boundaries and get positive responses from their teens. They share the secret to setting rules and consequences in your home while also fostering freedom, responsibility, and respect in your teen.
9/24/2022	Substance Abuse	Parenting Today's Teens - Mark Gregston	11:00AM CT	25 Min	Mark Gregston & Wayne Shepard explain why teens turn to drugs, and how parents can help steer them away. Drug use is gaining momentum and popularity — especially among teenagers. Even "good" kids from Christian homes can have a hard time resisting their glamorized allure! Today's fast paced stressful world can feel overwhelming and many teens medicate with substance to cope with feeling anxious and overwhelmed.