

All About Il Shim for Parents

Supplies for this session: Il Shim Packets, Pens, paper pads, computer/screen to show powerpoints/photos/videos, copies of articles for parent and child communication

1. Opening Song (3 minutes)

Start the session with a holy song to prepare a holy environment.

2. Opening prayer (2 minutes)

Have an Il Shim Staff member offer an opening prayer to invite God's presence into the session.

3. Introduce the Il Shim Staff (5 minutes)

While you have the honor of spending the next 10 weeks with the children of these parents, it's important to remember that these parents spend much more time with their children than you do and will thus have much more of an impact on their experience in Il Shim. The role of Il Shim staff in this program is like a teacher; you may teach many great things during the sessions and workshops, however, the real work happens at home with the follow up and habit formation. When introducing yourself it's important to make this point clear and focus on supporting the development of the parent and child relationship.

Here are some points to consider when introducing yourself:

- Your Name
- What you are doing in your life right now (school, work, matching/blessing, etc.)
- Remember that the parents are entrusting their children with you.
- Why you decided to be a Il Shim leader

4. Presentation of past Il Shim programs (5 minutes)

- Share photos, videos, and/or testimonies from prior participants and staff who have completed the Il Shim program.
- This will help parents understand the value of the program and what the end goal will be.

5. Read the Introductory Letter (10 minutes)

- Read through the first session "Introductory Letter."
- Make sure to read it out loud and to pause between paragraphs to summarize or clarify points
- Take turns reading paragraphs so the parents aren't listening to one person's voice the whole time.

6. Go Over the General and Home Study Packet (10 minutes)

- Home Study Packet:
 - Explain: Your packet supplements the in-class study topics. The questions and assignments after each study topic should be completed together as parents and children.
 - Perform a short role-play scenario in which a "parent" and "child" do the homework questions together. This is an important opportunity to model how to create a safe and open environment for youth to talk to their parents.

1. Use the question “Who is God to you” to demonstrate an effective communication between a parent and child about this topic.
- Program Requirements:
 - Youth must attend all 9 in-class sessions (which includes a 2-day retreat) as well as the graduation ceremony.
 - They are allowed to miss up to 2 in class sessions as long as an instructor can provide a makeup session. If a participant needs to miss more than 2 in class sessions, they will be asked to sign up for Il Shim next year instead.
 - All homework must be completed with parents on a weekly basis.
7. **Pre-Teen Development: Do a powerpoint/video presentation (10 minutes)**
Internet safety, pornography, social media, depression, and proper peer relationships
***This presentation is still being developed
8. **Communication with Teenagers (15 minutes)**
Separate the parents into small groups and discuss these three points. Ask one person from each group to take notes and report to the larger group at the conclusion of the discussion.
 - How do you open up to your child and how does he/she open up to you?
 - How do you talk to your child about sexuality?
 - How do you help your child develop a relationship with God?
 - Reference Parent Articles that are located in the Parent Packet. These have some helpful tips for communicating with teens.
9. **Answer Questions & Hand Out Articles**
 - Answer any questions the parents may have regarding Il Shim and the requirements.
10. **Closing prayer**
 - Ask a parent to offer a closing prayer for the session.

Parents Introductory Letter

Hello and welcome to the Il Shim Program! We are so excited for you to take part in this incredible journey over the next 10 weeks! This program is designed for your child and we hope that you will find it valuable and meaningful in deepening your child’s faith in God, True Parents and our Community, growing his/her relationship with you and finding ways to get involved that inspire your child.

“Il Shim” in Korean translates to “One Heart” or “One Heart and Mind.” This term dates back to when True Father was released from Danbury prison. On that day, Father conducted a ceremony called “Il Seung Il” or “Day of One Victory.” It was during that ceremony that True Parents declared the beginning of the period of responsibility for young Unificationists. In 1989, True Parents also conducted an “Il Shim” ceremony to proclaim the total unity between Heavenly Parent and True Parents as well as the inheritance of this unity by the children. True Parents hoped that the True Children would inherit this unity, carry on the traditions True Parents have laid out, and become the people God can live joyfully through. In keeping with the spirit of this original ceremony, we have adopted the Il Shim ceremony for the purpose of

supporting young Unificationists in taking ownership over their faith, relationship and life. At a point in their lives, your children are beginning to explore important decisions about what they believe and why they believe it. The Il Shim program is designed to be a foundation upon which your children can make those decisions in a healthy and positive environment.

We hope that the Il Shim program will help your child in these four areas of their life:

- Growing their Life of Faith by supporting your child in creating a unique relationship with God and discovering tools to support that relationship.
- Deepening their Understanding of Unificationist Traditions by providing the resources for your child to discover the value and significance of aspects of our faith such as True Parents, abstinence before marriage, the Blessing, and living for the sake of others.
- Developing their Relationship with you by encouraging opportunities to develop a healthy relationship with you through open communication and deepening trust.
- Discovering Ways to Get Involved by connecting your child to the people who can help them find ways of serving and getting involved in your local community that are inspiring to them.

Each major faith has a significant ceremony that recognizes and promotes the inheritance of their faith tradition by their youth such as the Catholic Confirmation ceremony and the Jewish Bar/Bat Mitzvah. The Il Shim Ceremony is quite similar to these ceremonies as it is meant to be a way to recognize your child's maturity and the growing responsibility they are taking in their life. This program is just the starting point for them to truly take ownership over their life of faith, their relationships, and their surrounding community.

Throughout the Il Shim program you and your children will complete many conditions of faith and will also study the tenants of our faith. We hope that through their study they will find that our Unificationists faith is something truly valuable and worth committing to. The graduation ceremony is meant to highlight this incredible investment you and your family have made as well as recognize your child's commitment to continuing their path of spiritual growth. The ceremony is an opportunity for your child to make a new beginning and a new commitment in front of God, True Parents, and their own family and community.

Please read through the requirements and schedule of the next 10 weeks so you will be prepared to support your child. You should also take a look at the Il Shim Pledge so you know what your child will be pledging before God, True Parents, your parents, and your community:

1. I promise to make sincere effort to develop my relationship with God and my life of faith through prayer and through my lifestyle.
2. I will strive to inherit the Unificationist traditions of honoring True Parents, upholding the value of the Blessing by maintaining my sexual purity until the Blessing, and living for the sake of others.
3. I commit to the process of growing and deepening my relationship with my parents by practicing healthy and open communication.
4. I will endeavor to find ways to serve my local church community and wider society with my unique passions and talents.

Each child will have a unique experience throughout the Il Shim Program. Some may take it more seriously than others, and that's ok. Il Shim is not meant to be a quick fix for any youth. It is simply a foundation and framework for you and your child to navigate through these very important topics at a level that is appropriate for them. Your child is just beginning a life journey of discovering who they are and what they believe in. Don't worry if they don't understand everything as deeply as you would like them to. They will get there one day! While the Il Shim leaders are very important in this process, we want to stress the significance of parental involvement throughout the program. No one knows your children better than you and this program is meant to highlight your incredible investment. You are the main educators of this program at home, and we are here to support you!

We sincerely hope and pray that as you continue your involvement in the Il Shim Program your family will become even closer together as you support your child and go through all the requirements of the Il Shim program.

Talking With Teens -- Tips for Better Communication

Parents and teens can bridge the communication gap with a little patience and a healthy measure of R-E-S-P-E-C-T. Here are 6 tips for parents and 6 for teenagers.

By: Neil Osterweil

A parent's view of speech development: it begins in infancy, blossoms in childhood, and stops dead in its tracks at adolescence.

A teenager's view of speech development: "My parents don't understand a word I'm saying." You don't need a degree in communications to know that parents and teenagers seem to spend more time talking at and past one another than to or with one another. Chalk it up to different agendas, the stress of daily life, or familiarity breeding contempt. Whatever the reason, adolescents and their folks are as good at making conversation as the construction crew at the Tower of Babel.

But with a little give and take, a lot of patience, and a healthy measure of R-E-S-P-E-C-T, parents and teens may be able to remove the roadblocks hindering two-way communication.

To help understand talking with teens, WebMD interviewed two experts in adolescent development: Laurence Steinberg, PhD, Distinguished University Professor and Laura H. Carnell Professor of Psychology at Temple University in Philadelphia; and Carol Maxym, PhD, who counsels families in Honolulu and Washington, D.C.

Good to Know

First, says Steinberg, parents need to recognize that "although your child doesn't have the same level of knowledge, information, wisdom or experience as you do, he or she has essentially the same logical tools and can see through logical fallacies and lapses in what's sensible."

In other words, the "do-it-because-I-said-so" approach to talking with teens doesn't work anymore. "They can't be bullied around by power-assertive statements by parents that aren't based on any kind of logical reality," Steinberg says.

Teenagers have exquisitely sensitive [lie] detectors, agrees Maxym, who counsels families of troubled adolescents in private practice. "Parents need to be emotionally authentic. Don't try to act as though you are angry when you're really not. Don't try to tell your child 'I'm really hurt when you don't go to school,' when what you really are is angry. Kids know their parents really well and pick up on it, and as soon as you as a parent become inauthentic, you've lost any chance of real communication," says Maxym.

Research also shows that "the big barrier is in how parents and teenagers define issues." If the parent sees a teen's messy room as a moral issue, and the teen sees it as a matter of choice, they may never reach a mutually satisfactory solution, says Steinberg.

What can you do to communicate better? Our experts offer these tips both parents and teenagers:

For Parents

1. Don't lecture your teen, have a conversation. When parents complain "my teenager doesn't want to talk to me," what they're really complaining about is "my teenager doesn't want to listen to me." Conversation involves at least two people, Steinberg emphasizes.
2. Don't attack. "The conversation between any two people will break down if one of the two is put on the defensive and made to feel he's being accused of something," says Steinberg.
3. Show respect for your teen's opinions. Teenagers can be surprisingly easy to talk with if the parents make it clear that they're listening to the teen's point of view.
4. Keep it short and simple. Maxym urges parents to remember what she calls the "50% rule": "Almost every parent says at least 50% more than he or she should. Shut up. Remember when you were a teen and your parents lectured at you? And you thought, 'Will you please stop; I already got the point!' Stop before your teen gets there."
5. Be yourself. Don't try to talk like your kids or their friends. "You're an adult, so be an adult," Maxym says.
6. Seize the moment. A spontaneous conversation in the car or at home late at night -- any time when you're not rushed -- can make for some of the warmest, most rewarding moments, Steinberg says. "I think for parents, one of the key parts of having good communication with kids is being around enough to capitalize on these moments that invariably don't come up when you expect them to."

5 Secrets for Communicating with Teenagers

By: Debbie Pincus

Does this sound familiar? Your teenage son is taking forever in the bathroom (again), but you need him to get ready so you can get to work on time. You're thinking, "How could I have raised such an inconsiderate kid? He's so disrespectful!" Meanwhile, your child is locked in the bathroom, consumed with his image in the mirror. He's thinking, "No way am I going to school with this pimple on my nose." Outside in the hallway, you start pounding on the door, yelling at him to hurry up. He screams, "God, you just don't understand! Leave me alone!" When he finally emerges, he gives you the silent treatment. Not only that, he's missed the bus, so you have to drive him to school. You end up late for work and completely overwhelmed, wondering, "Why doesn't my kid listen to me? Does he have to fight me on everything?"

Distance and explosiveness are often the only ways your teen knows how to communicate when things get intense—which of course only causes more conflict.

You and your teen: two different worlds, two different perspectives—and a giant disconnect that can make communicating a real mystery. As a therapist and the mother of three teenagers myself, I know firsthand that the more you push your kids, the more they get defensive and dig in their heels; they become reactive in the form of explosiveness or shutting down. And they're thinking, "My parents don't have a clue, so what's the point of trying to explain myself? I'll just tune them out." Clamming up or exploding are both ways your teenagers attempt to manage their stress and defend themselves. That's because distance and explosiveness are often the only

ways your teen knows how to communicate when things get intense—which of course only causes more conflict.

Here are 5 secrets that I've found to be really helpful personally for communicating with kids through the difficult adolescent years.

1. The secret to opening your child's ears: Here's a simple secret that will help you in everything you do with your teen: No matter how hard it might be, try to start all interactions with your child with understanding, even if you don't fully agree or even quite comprehend what they're talking about. Here's an example: Your teenage daughter is not doing her schoolwork, and instead is online with friends chatting. It drives you crazy because you're thinking, "If she fails another test, her average will go down and she'll never get into college. What kind of future will she have?" Your teen, on the other hand is thinking, "I have to get online and talk with Skyler. If we don't make up after the fight we had in the hall today, all the other girls will be against me and I'll have no one to hang out with at school tomorrow." Again, two different worlds. Try to start by saying, "I understand how difficult it is for you when you have a fight with one of your friends. I also know that you need to pass this test tomorrow. Schoolwork is your job and it's your responsibility to do it to the best of your abilities. Let's sit down and think of a good way you can manage your time tonight." Be sure not to say "I understand, but..." which will simply disqualify what you've just said. Start from a place of understanding, and try to put yourself in your child's shoes first before telling her what needs to change. I've found that doing this tends to "open kids' ears." Instead of feeling like they have to defend themselves against you, they actually listen.
2. Take the emotionality out of the equation. Emotion is your enemy when you're trying to get through to your teen. Remind yourself that what he says and does is not a reflection on you. You may not like how he's behaving—or even how he's thinking—but keep your emotions out of it, even if his behavior impacts you. I'm not saying this is an easy thing to do; it's tough, but it's a skill you can learn just like any other. In fact, I tell parents to repeat this slogan to themselves before talking to their kids: "This is just like a business transaction; it's nothing personal." When you really think about it, there's no reason to be mad at your child for being himself. He may be making a poor choice, but the truth is, he might not yet have the skill set to make a better one. So your job is to help guide him to better choices so he can in turn develop a better skill set. When you realize what your job is as a parent, it will help you be less emotional. When you feel frustrated, remember, don't take it personally. Tell yourself that this is simply a problem to solve, and part of "parenting business as usual."
3. Ask curious questions...not loaded questions. Ask your teen for his ideas and be collaborative. Let him see that you believe in him and that you're not mad at him for struggling in his life. When you let him see that you have faith in his abilities and he has the space to work things out on his own, you will begin to develop true confidence in him. Don't ask loaded questions that put your child on the defensive like, "Why can't you get up on time? What's wrong with you?" Instead, try opening a conversation with, "Eli, do you have any ideas for how you might get up on time?" If he says he doesn't know, offer a few of your own and ask which one would work for him. Let your teen know that his problems are his to solve. Don't step into his "box." Rather, you are there to help him

figure out solutions—and to let him deal with the natural consequences of his behavior. Your goal is to help your child think for himself, which will in turn help him feel like he has some control over his world. Listen openly to what he says and ask him to think critically about each choice. What will work and what will be problematic about each decision? What would be the natural consequences of each choice—and how would he feel about dealing with that?

4. Don't be needy; stand on your own two feet. Don't "need" your teen's cooperation, validation, or good behavior. As soon as you need something from your child so that you can feel better, you have put yourself in a vulnerable position because he does not have to give it to you. When you need something and don't get it, you will naturally try harder by controlling and manipulating more. And your teen will become more and more defiant or passively compliant—neither of which is good.

The truth is, you don't need anyone else to prop you up. You can validate yourself and solve your own problems. So if your child is acting out, that's his problem. Your problem is to decide how you will choose to behave toward him. That's in your hands, not his. Ask yourself, "How do I want to act, no matter how he is acting? What can I put up with and what can't I?" Take back your power and say to yourself, "If my child is screaming at me, instead of needing him to stop, I can turn around and walk away and not engage." Let him know you won't talk with him until he can approach you with civility. Here's the truth: when you aren't trying to get your child to change or shape up, you will be able to think of better choices for yourself. And your child will be less defiant because he will have no one to resist. When you're not trying to control him and you're not reacting to him, he will have to wrestle with himself rather than with you.

5. Don't do anything until you're both calm. Another rule of thumb is to avoid doing anything until you and your child have both calmed down. The fact is, you don't have to respond to your child when you are upset, or when your child is upset and in your face. You just don't. You can say nothing. You can take a few minutes or more if you need to. When emotions have evened out, you can sit down and talk with him. It's never good to try to bring up a difficult subject or resolve a conflict in the heat of the moment. So if either you or your child is upset, pause and come back when you can address things in a calmer way.

If you attempt a conversation with your child and he's rude or out of line, that's when you have to hold on to yourself and make sure you don't get dragged into a fight. If your relationship with your child is such that it's impossible to have an open, respectful conversation at this point in time, remember that it's still your job to stay firmly planted. Have a slogan that you say to yourself like, "I'm not going there no matter what." If you can do that consistently, over time the baiting and antagonism should calm down. And don't feel badly if you get pulled back in occasionally—staying strong isn't easy. The good news is that the more you refuse to engage, the easier it will get to stay calm.