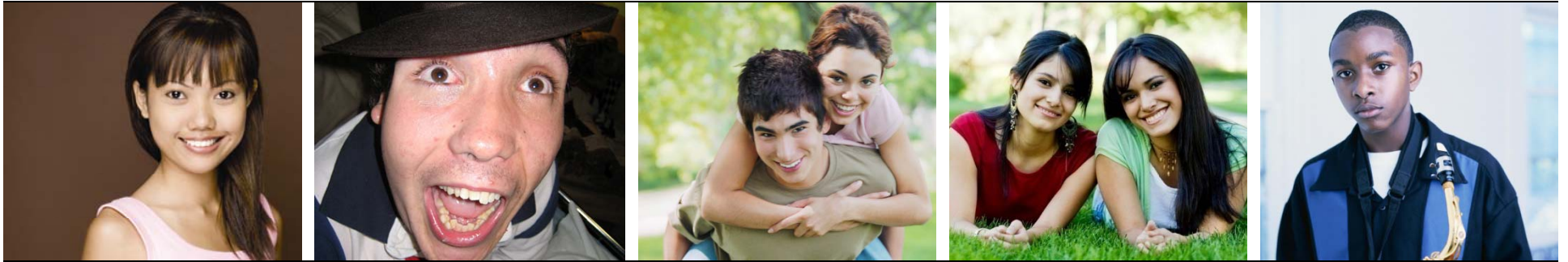



The Journey to Adulthood: What Parents Need to Know



走向成人之路家長須知 (青春教育)

A curriculum created by the
National Family Advocacy Support and Training (FAST) Project, a
project of PACER Center: fastfamilysupport.org



The Journey to Adulthood: What Parents Need to Know

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Introduction

前言



- Every family has its own values and culture.
- The values and cultural context are provided by each family.
- This training provides information and tools.

- 每個家庭都有自己的文化和價值觀。
- 每個家庭也提供了文化和價值觀的內容。
- 這個演講正是提供資訊和工具。

你們希望了解什麼？

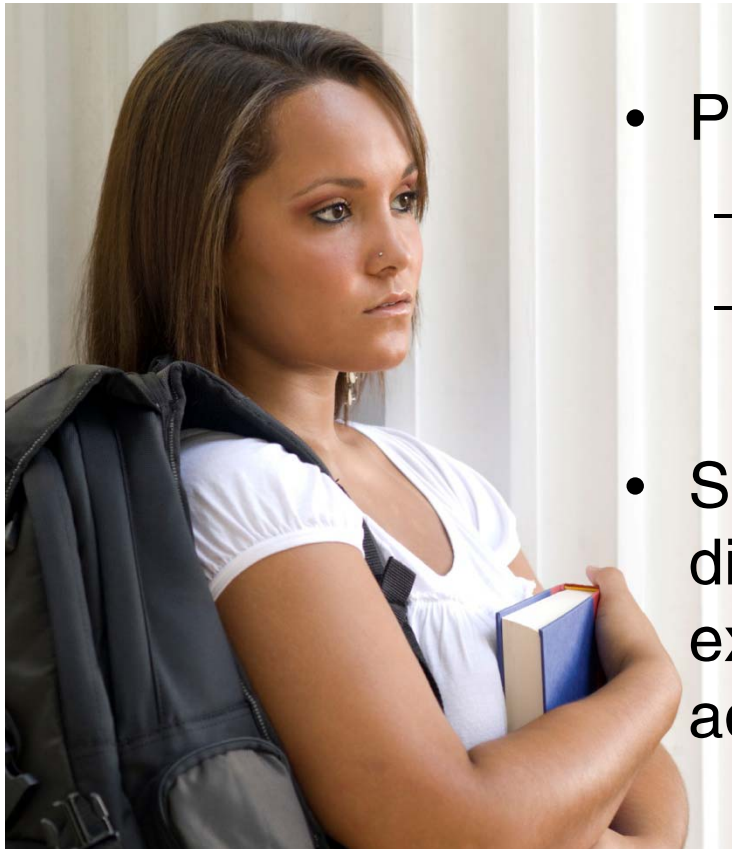
What do you hope
to learn?

Agenda

課程

-
- Preparing youth for the changes of puberty and adolescence
 - Identifying skills needed for adulthood: What youth need to know, when
 - Identifying ideas and tools to assist with the process
- 為年輕人的發育和青春期的準備。
 - 認識成年時需要的技巧：青少年需要知道什麼？何時開始了解？
 - 認識一些在此成長期間有所幫助的觀念和工具。

Growing Up is Hard to Do 長大真難！



- Personal changes
 - Physical
 - Emotional
 - Society has different expectations for adults
- 個人的改變
 - 生理的
 - 情緒的
 - 社會對成年人有不一樣的期待

Preparing Youth for the Physical Changes of Puberty

- Why do we have to go through it?
- Does it hurt?
- Am I normal?
- What is a sign that it is starting?
 - 5th & 6th Graders, New York Public Schools, SIECUS

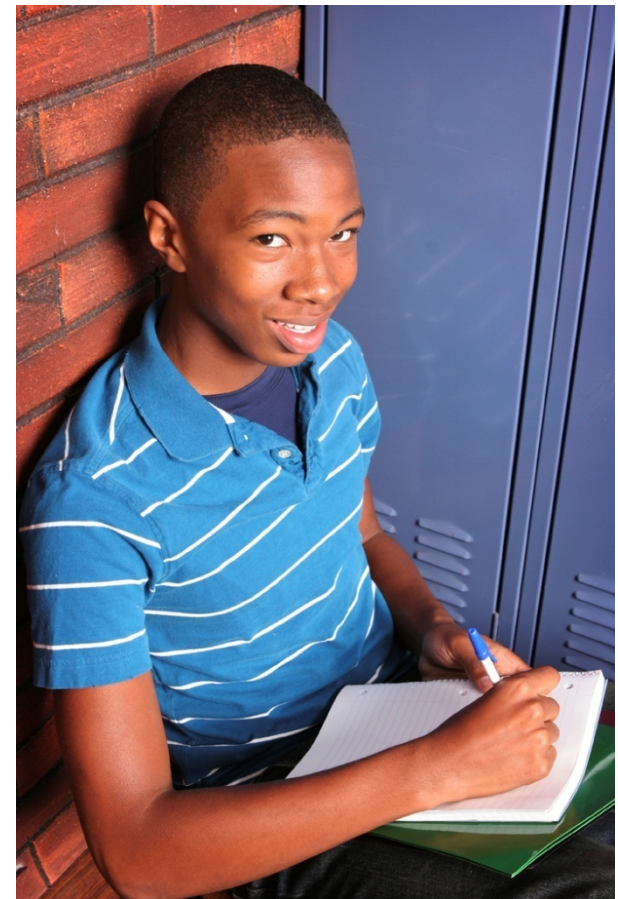
為青少年生理發育做準備

- 為什麼我們要經歷這些？
- 它痛嗎？
- 我正常嗎？
- 開始時有何徵兆？
 - 紐約公立學校5, 6年級生（問）

The Arrival of Puberty

開始發育

- When it usually begins
 - Girls: between 8.5 and 13 years old
 - Boys: between 9 and 14 years old
- Its arrival and length may be influenced by specific disabilities.
- 通常何時開始？
 - 女孩：8歲半至13歲之間
 - 男孩：9歲至14歲
- 到來的時間和過程長短會受殘障的情況不同而影響。

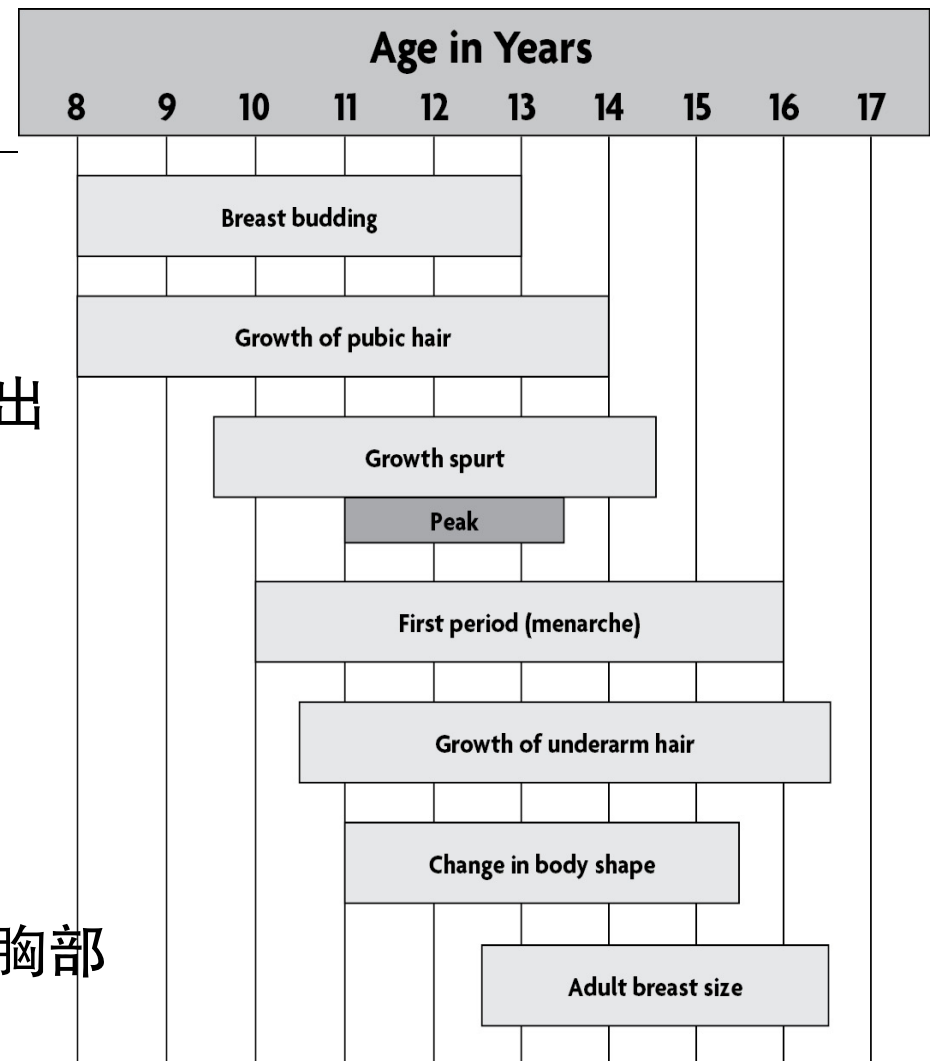


Adolescence Timeline

青春期時間軸

- 8歲至13歲 胸部發育
- 8歲至14歲 外部毛髮長出
- 9歲半至14歲半 躡高
- 11歲至14歲 生長高峰
- 10歲至16歲 初潮
- 10歲半至16歲半 腋毛長出
- 11歲至15歲半 體型改變
- 12歲半至16歲半 成人尺寸的胸部

Girls 女孩

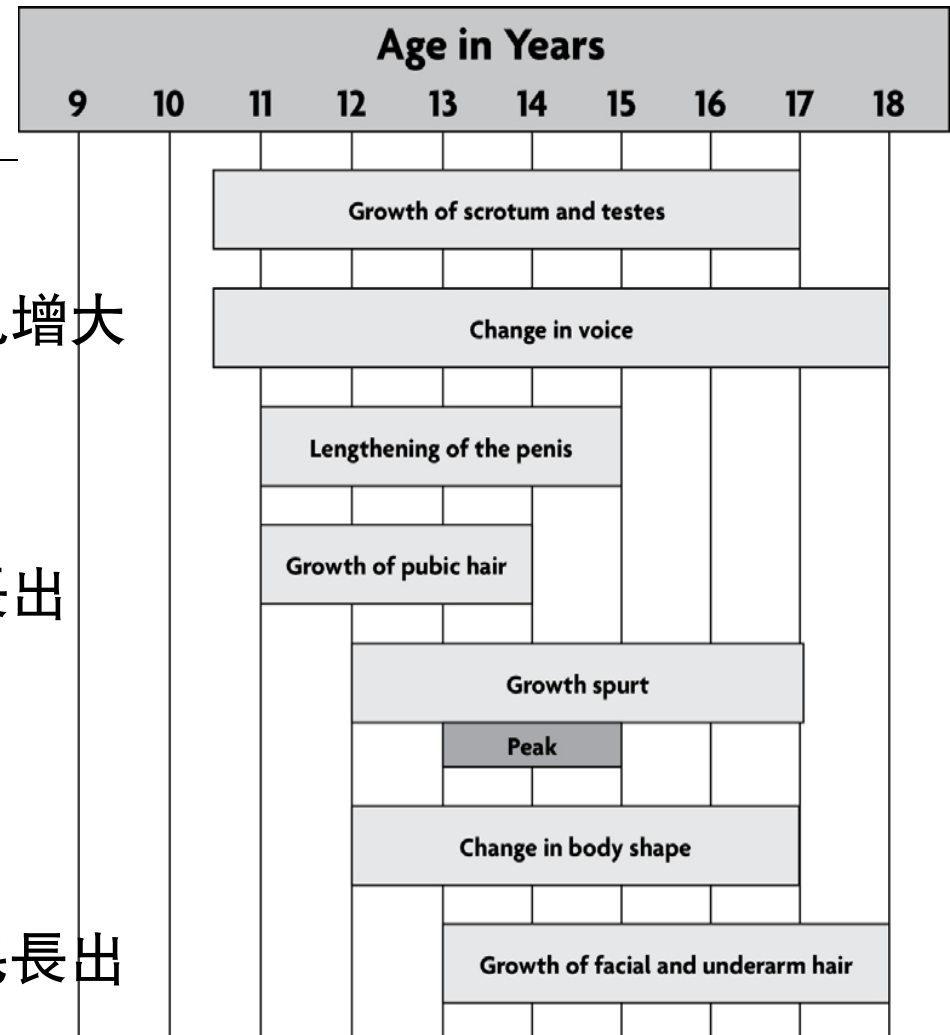


Adolescence Timeline

青春期時間軸

- 8歲至13歲 陰囊、睪丸增大
- 10歲半至18歲 聲音改變
- 11歲至15歲 陰莖增長
- 11歲至14歲 外部毛髮長出
- 12歲至17歲 躡高
- 13歲至15歲 生長高峰
- 12歲至17歲 體型改變
- 13歲至18歲 鬍子和陰毛長出

Boys 男孩



Public and Private 外部和私處

- Body parts
 - Locations
 - Behaviors
 - Touch
 - Begin discussions in childhood and continue to explore and reinforce lessons throughout adolescence.
- 身體的各部份
 - 部位
 - 行為
 - 觸摸
 - 從童年時就開始討論，在整個青春期中不斷地探索和加強學習。

Taking Care of a Maturing Body

- Dressing
- Toileting
- Grooming
- Personal hygiene
- Taking care of oneself or learning how to direct care can decrease risk for abuse.

照顧成熟中的身體

- 穿戴
- 如廁
- 梳洗
- 個人的刷牙和去毛
- 照顧自己或學會直接照顧可減少被虐待的機會。

Talking to Your Daughter



跟女兒交談

- Talk to your daughter about menstruation before her first period.
- Consider how your daughter learns.
- Teach related public and private considerations.
- Preparation.
- Practice skills before they are needed.
- 在女兒初潮來臨之前，與她談談。
- 考慮如何讓女兒學。
- 教導有關公共和隱私的擔憂。
- 準備。
- 在她們需要之前，先練習一些技巧。

Talking to Your Son



與兒子交談

- Boys need to be prepared, too.
 - Discussions should begin prior to physical changes.
 - Managing erections that occur in public
 - Wet dreams
 - Consider how your son learns.
 - Teach public and private considerations.
 - Practice skills before they are needed.
- 兒子也需要準備。
 - 生理變化之前，就要開始討論：
 - 掌控在公共場合勃起的情況
 - 夢遺
 - 考慮如何讓兒子學。
 - 教導公共和隱私。
 - 在需要之前練習技巧。

Self-Touching

自摸

Without guidance, youth may engage in self-touching in public with serious consequences.

- Each family needs to create their own guidelines.
- Discuss the subject openly with youth.
- Whatever a family decides, it is crucial for young people to understand that self-touching is never appropriate in public.

- 未經指導的情況下，青少年可能就會在一些公共場所自摸造成嚴重後果。

- 每個家庭都必須建立自己的準則。
- 開明地與青少年進行討論。
- 無論家庭如何決定，最關鍵的是讓他們了解：絕不允許在公共場合自摸。

Three Teaching Tools

三項教導工具

- Task Analysis—breaking a task down into a series of smaller steps
- Parallel Talk—an adult talks about what a child is doing as they are doing an activity
- Story Boards—a series of pictures illustrating each different step of a task and their order
- 簡化任務—把大事情分割成許多小步驟
- 邊做邊教—小孩在做時同時告訴他/她正在做什麼
- 故事圖板—用一系列的圖畫展示做事。每一不同步驟以及順序

Social Needs



社交需要

- To have relationships
 - To touch and hold
 - To belong
 - To nurture
 - To feel worthwhile, valued, and admired
 - To have power in relationships and own lives
 - Kauffman and Raphael, 1990
- 有聯繫、有關係
 - 觸摸和擁抱
 - 歸屬感
 - 培育
 - 感覺被承認、有價值、被賞識
 - 在關係中有權力，對自己的生活能掌控

Developing Adult Social Skills

發展成年人的社交技巧

Social skills are life skills.

- Social skills change with each stage of development.
 - Skills needed for elementary school differ from those needed for middle and high school.
- Acquiring social skills is a complex process.

社交技巧是生存技巧

- 社交技巧隨著成長的每一個階段而變化。
 - 小學的技巧與初中、高中的不同
- 學到社交技巧是一個複雜的過程。

Disability and Social Skills

Possible impact of disability on acquiring and appropriately using social skills:

- Difficulty identifying and interpreting what others want and responding appropriately
- Not understanding how they may be perceived by others
- Limited opportunities for to interact with others and practice social conversations

殘障和社交技巧

由於殘障在獲取和恰當地用社交技巧方面有可能受到影響：

- 很難區分和理解別人的要求，以及做出恰當的反應。
- 不理解別人如何察覺自己。
- 在與他人互動和練習社交談話方面，機會有限。

Personal Safety Skills

個人安全技巧

Develop a youth-driven safety plan

- Know appropriate names of body parts
- Develop personal boundaries and advocacy skills
- The ability to say “no”
- Be able to recognize unsafe situations and who they can tell
- Know it is never their fault if something happens

創立一個適合青少年的安全計劃

- 了解身體個部份的恰當的名詞
- 開發個人約束和維護的技術
- 說“不”的能力
- 能意識到不安全的情況和可以報告誰（與誰訴說）
- 要了解，發生事情絕不是他們的錯

Social Skills Toolbox

社交技巧工具箱

- Social stories
- Boundaries circle chart
- Role playing
- The incredible 5–point scale
- Practice, practice, practice!

- 社交故事
- 社交界限
- 角色扮演
- 神奇的5級制
- 練習，練習再練習！

Social Skills Toolbox

社交技巧工具箱

Social Skills Stories:

- Describe a situation, skill, or concept in terms of relevant social cues, perspectives, and common responses

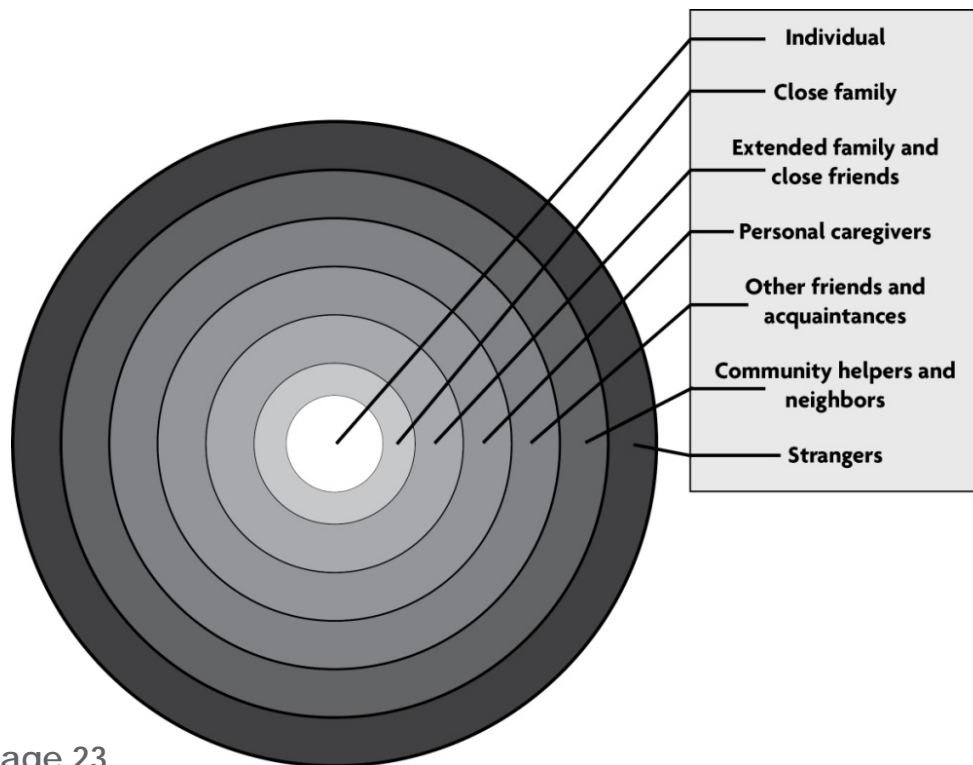
社交技巧故事：

- 描述一些與交往中的暗示、景象、普遍的回應等等的情形、技巧和觀念。

Social Skills Toolbox

社交技巧工具箱

Boundaries circle chart 社交界限示意圖



Makes abstract concepts of personal space and relationship boundaries concrete

使抽象的概念具體化成個人範圍和關係界限。

Social Skills Toolbox

社交技巧工具箱

Role playing:

- Practice a new skill, exploring options in different locations
- Practice different ways of introducing myself

角色扮演：

- 練習一門新的技術，探索不同場合的不同選擇
- 練習自我介紹時的各種不同方式

Social Skills Toolbox

社交技巧工具箱

The incredible 5–point scale:

- Uses a number scale to rate behavior and social interactions
- The way I introduced myself was a “3”; what went wrong?

不可思議的5級制：

- 用數字等級去衡量行為和社交互動
- 我做自我介紹時是“3”，錯在哪？

Social Skills Toolbox

社交技巧工具箱

Practice in Real Life Situations:

- Social Skills Training generally consists of five steps:
 1. introducing a new skill and its context for use
 2. modeling it for the participant
 3. having the participant model it back
 4. having the participant practice the skill at home, at school, and in the community
 5. receiving feedback on how it went

模擬生活中發生的真實場景：

- 社交技巧訓練一般有五步驟：
 1. 介紹新的技巧和應用方法
 2. 為參與者做些調整
 3. 讓參與者練習如何調整回來
 4. 讓參加者在家裡、學校和社區中練習這些技巧
 5. 得到反饋

Making It Real 變為現實

- Develop a strategy—be intentional
 - Be an “ask-able” parent
 - Use teachable moments
- 制定一個有目的的方案
 - 成為一個“可以問”的家長
 - 使用可教時刻



Pre-adolescent Development

青春前期的成長

- Increasing modesty
- Discussing boundaries, including appropriate hugging
- Learning personal care tasks and self-reliance
- Having age-appropriate information on puberty

- 增加謙虛感
- 討論有關範圍，包括適當的擁抱
- 學習自我照顧和自我依賴
- 掌握與年齡相當的發育知識



Adolescent Development

青春期的發展

- Physical development
 - Public and private
 - Appropriate adult behavior
 - Age-appropriate information on puberty, pregnancy, childbirth, birth control, sexually transmitted disease prevention, drinking, drug use
- 生理的變化
 - 公共和隱私
 - 適當的成人行為
 - 與年齡相當的發育知識：懷孕、生育、避孕、性病預防、酗酒、吸毒...

Why Preparation is Crucial

為什麼 準備很關鍵

- Increased risk of sexual abuse
- People with a disability generally know those who abuse or exploit them
- Personal safety
- Inappropriate sexual behaviors

- 性侵害的危險在增加
- 了解什麼人會對殘障者造成侵害和利用
- 不適當的性行為

“People at the greatest risk for exploitation are those who are insulated, protected, or sheltered from what could happen. Skill development and information are powerful tools.”

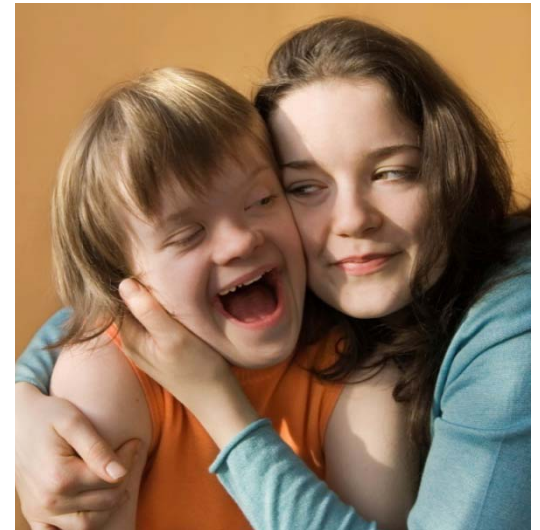
Terri Couwenhoven, 2007
Mom and Sexuality Educator

“那些被保護、隔離、庇護的很好的人，反而最容易受欺負。提高技巧和知識是最有力的工具。”

母親和性學教育家

Sources of Information 資訊來源

- Personal network (friends, other parents, extended family, community of faith leader, elders)
- Parent Centers
- Disability-specific organizations
- Centers for Independent Living
- School professionals
- Community centers
- 個人關係網（朋友、其他家長、延伸的家庭、社區的宗教領袖、長者）
- 家長中心
- 有關殘障的特別機構
- 獨立居住中心
- 學校的專業人士
- 社區中心



Conclusion and Evaluation

You have been presented with a large amount of information. Some points we want you to remember are:

- You are giving your child a gift, the expectation of adulthood.
- You are helping your child to acquire the skills and information he or she needs to lead a self-determined life in the community.
- You do not have to do it alone. Tools and resources are available to assist you.

結論和評估

您已經獲取了大量的資訊，提醒您要特別記住：

- 您正在給您的孩子一個禮物：成年人的期待。
- 您正幫助您的孩子去得到更多的技巧和資訊，這些都是他或她正進入一個自我決定的社區時所需要的。
- 您並不是孤立無援的，這些工具和資源隨時都能支持您。

Contact Information

National Family Advocacy Supports
and Training (FAST) Project:

fastfamilysupport.org

888.248.0822

(toll-free nationwide)

*The FAST Project is funded by the
Administration on Developmental Disabilities
(ADD) as a Project of National Significance.*

FAST is a project of:

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