

PARENT HANDBOOK



WHAT TO EXPECT

Welcome to the Hawaii National Guard Youth Challenge Academy. The purpose of the Youth Challenge Academy is to encourage and guide young men and women to make necessary changes in their lives and to accept the responsibility of preparing for their future. As the title suggests, the Youth Challenge Academy will indeed challenge your young adult to grow emotionally and physically. As the Cadets progress through the Academy, you will notice subtle changes in their self-esteem and confidence level. We ask for your support as your young adult goes through these changes. This pamphlet will answer some of the questions and concerns you may have regarding your child. You are encouraged to call the Commandant or Program Coordinator with any additional questions.

ACCLIMATION PHASE

The Acclimation Phase takes place during the first two weeks of the Residential Phase. Please keep in mind that different rules apply during the Acclimation Phase than those which exist during the remainder of the Residential Phase.

The first two weeks are very difficult and teamwork is encouraged throughout. All Candidates are evaluated each day on their ability to handle stress, follow procedures, seek improvement, follow instructions and adapt to the regimentation of the Academy. All Candidates are closely monitored throughout the first two weeks of training and Candidates that consistently exhibit negative behavior will be subject to dismissal. On Thursday of the second week of the Acclimation phase, all Candidates' folders will be thoroughly evaluated by the Commandant. Candidates that have more than sixty (60) percent negative assessments will be subject to counseling and may be recommended to the Director for dismissal. All Candidates who wish to Self Initiate Elimination (SIE) or Drop on Request (DOR) will first see their Cadre Squad Leader, followed by the Shift Supervisor, and then the Commandant. The Commandant will interview the Candidates, and if the Candidate still desires to SIE, the Commandant will refer the Candidate to the Counseling Department for further action.

During the Acclimation phase, the duty day consists of sixteen (16) hours of programmed activity and eight (8) hours of sleep. A lack of idle time helps prevent unacceptable behavior. Physical activity, regimented activities, strict supervision, discipline, team work, along with military drill and ceremonies are continuously emphasized during this period of training. Time management is of the essence. Candidates will be required to participate in all physical training and close order drill sessions. Those Candidates that refuse to train will be subject to disciplinary actions and possible dismissal.

Clear rules and regulations leave no discretion as to the disciplinary and military courtesy expectations of each Candidate. This concept supports a secure environment while promoting a fair and consistent disciplinary structure. During the Acclimation Phase, all Candidate issues will be directed to the Commandant and/or the Deputy Director. During this period, Candidates can be dismissed for leaving the area without permission, also known as going AWOL (Absent-Without-Leave), fighting, insubordination, and disrespect. Each case will be handled individually and determinations will be made based on the history of each individual involved and the seriousness of each offense.

ACCLIMATION PHASE (cont.)

A Candidate that shows continuous negative behavior will be subject to dismissal with a higher likelihood than first-time offenders, depending upon the gravity of the offense being investigated. When dealing with disruptive Candidates it may be necessary that we not inform the Candidate of dismissal until the Parent/Guardian arrives at the Academy.

NOTE: Applicants are considered “Candidates” until completion of the Acclimation phase and are only elevated to “Cadet” status upon their graduation from this phase of training.

HOURS OF OPERATION

Staff members are on-duty 24/7 while cadets are in the residential phase of the program.

The administrative and academic hours of operation are from 9:00 am to 5:00 pm, Monday through Friday with the exception of State Holidays. Cadre staff members are present 24 hours a day, 7 days a week during an active cycle.

DROP OFF OF PERSONAL ITEMS

Parents/Guardians may drop off personal items the Cadets may need (i.e., writing materials to include stamps, hygiene products, shoes, etc.) at the CQ/Visitors Check-In Area only. The hours to drop off items will be from 9:00 am to 5:00 pm, Monday through Friday. Entrance will be through Gate 4, follow the signs to CQ/Visitor Check-In Area.

Note: Hand carried mail is not accepted. Mail must go through the Post Office.

MAILING ADDRESS

All mail for Cadets should be addressed as follows:

Cadet's Name

Plt # _____, Class 51

Hawaii National Guard Youth Challenge Academy

P.O. Box 75348

Kapolei, HI 96707-0348

PROGRAM COMPLETION REQUIREMENTS

Just being present for 22 weeks is not enough to successfully complete the Hawaii National Guard Youth Challenge Academy. The Academy is based on the National Guard's Eight Core Components, which are weaved throughout the curriculum. Cadets must successfully meet the Academy standards on **ALL** eight of the core components to receive a graduation certificate.

The Eight Core Components are as follows:

- 1. Academic Excellence:** This is evidenced by obtaining a High School Equivalency Diploma, via the HiSet Curriculum and Credit Recovery through Waipahu Community School for Adults. Cadets are also offered an opportunity to obtain a Work Force Development Credential if they do not meet the requirements to get into the HiSet course. Each cadet that are not in the HiSet class will receive 3 credits. All credits are transferable under the discretion of the Cadet's home school. Please note that your school at home decides how they will apply these credits. Academic courses offered at the Academy is worth 0.50 credits. The Cadets must also demonstrate improvement in remedial basic education and display the desire to pursue of higher post-secondary education, increase computer skills, seek technical training and increase overall literacy.
- 2. Academy Measurement:**
 - **The Pre-TABE (The Adult Basic Education) Exam**
 - **Attendance and participation in 85% of all academic classes**
 - **The Post- TABE with a total score greater than the Pre-TABE score.**
- 3. Physical Fitness:** This is evidenced by incremental improvement in physical fitness to include endurance, stamina, strength and proportional weight.
Academy Measurement:
 - **Attendance and participate in 90% of all physical fitness activity**
 - **An improved diagnostic mid-term, and final Presidential Physical Fitness test**
 - **Pass a written Physical Fitness Exam given to demonstrate knowledge of fitness concepts with a score of 80% or better**
- 4. Responsible Citizenship:** This component helps each Cadet develop a better understanding of the forces that work to make a community strong and supportive of its members, as well as the forces that work to disintegrate a community. Cultural awareness, violence prevention, promoting justice and the honor code are discussed within this component.
Academy Measurements:
 - **Successfully complete the political science unit of the Social Studies textbook**
 - **Pass Citizenship examinations with a minimum score of 80%**
 - **All 18-year old must register to vote**
 - **All 18-year old males must register with Selective Service.**
- 5. Health and Hygiene:** In this Core Component, it is important that each Cadet understand the positive correlation between good health and hygiene habits and life-long mental, physical and emotional well-being. Smoking cessation, nutrition and sexual responsibility classes are just a few of the topics covered in this component.

Academy Measurements:

- **Display knowledge of the four basic food groups**
- **Demonstrate knowledge of the relationship between good mental, physical, and emotional health and a clean body**
- **Display an understanding of the responsibilities in matters concerning sex and sexuality, substance abuse and sexually transmitted diseases**
- **Pass Health & Hygiene examinations with a minimum score of 80%**

Eight Core Components (cont.)

5. **Leadership/Followership:** This is evidenced by understanding group dynamics and the importance of roles within groups. Emphasis is placed on practical applications of multiple leadership/followership activities, understanding the ethical and moral dimensions of leadership, and understanding the responsibilities of leadership and followership.

Academy Measurement:

- **Successfully serve as a student leader**
- **Consistently show motivation to act as a member of a team**
- **Participate in 90% of all adventure training**
- **Pass Leadership/Followership examinations with a minimum score of 80%**

6. **Service to Community:** This is evidenced by participation in community self-help projects, and activities that benefit the community. Cadets must also participate in community organizations that enhance the community at large.

Academy Measurement:

- **Complete a minimum of 100 hours of community service**
- **Completed a project/activity After Action Report (AAR) for each event.**
- **Pass Service to Community examinations with a minimum score of 80%**

7. **Life Coping Skills:** Each Cadet begins to explore their values structure and comes to a better understanding of their attitudes, needs and desires, which motivate them as individuals, citizens and members of the Academy. Included in this area are classes and workshops on substance abuse, anger & stress management, gender stereotyping, team building skills, parenting and budgeting.

Academy Measurement:

- **85% attendance and participation in all Life Coping Skills classes**
- **Complete a signed Post Residential Action Plan (PRAP)**
- **Pass Life Coping Skills examinations with a minimum score of 80%**

8. **Job/Career Skills:** Each Cadet will learn important job skills to include: create resumes, fill out applications, conduct job searches, learn basic computer skills, complete a job assessment and demonstrate an understanding of ethics in the workplace. They will also attend a career fair hosted by the YCA. The goal of this Core Component is to prepare graduates for job readiness in today's marketplace.

Academy Measurement:

- **85% attendance and participation in all Job/Career Skills classes**
- **Complete a job application and return that application to the employer**
- **Attend a job/career fair, take the Armed Services Vocational Aptitude Battery (ASVAB) exam, and complete one (1) job interview**
- **Pass Job/Career Skills examinations with a minimum score of 80%**

CADET FUNDS

Parents are not required to pay tuition for the program. The program is free to those accepted. The Academy will not be responsible for “holding money”, cashing personal checks, or advancing money to any Cadet. Training on money management will be conducted during the course of the program. To alleviate conflicts and potential volatile situations, we ask that families **DO NOT SEND MONEY TO YOUR CHILD**. Past experience has shown that this practice only causes problems among the Cadets and promotes an unhealthy environment.

WHAT NOT TO BRING OR SEND

Please do not allow your child to bring, and do not send to them, the following forbidden items as these items will be confiscated!

- TV's, radios, clock radios, iPad, iPod, stereo system, video games, cell phones, or watches

- Playing cards, dice, or other games that could be used for gambling purpose

- Jewelry, with the exception of wedding bands, or a small religious pendant that may be worn under the uniform

- Excessive civilian clothing will be collected and sent home with the parent or guardian. (Refer to Inventory List for excessive Clothing)

- No posters or other items to hang on walls.
 - Cadets may bring up to 4 personal photos, not to exceed 5x7 inches. No pictures of sexual, degrading, or tasteless nature will be tolerated. Photos depicting apparent illegal activities or those that would bring a discredit to the Academy are not allowed and will be confiscated.

- Food or drinks

- Weapons, drugs, alcohol, pornography, or gang colors

- Hair clippers

CONTRABAND

If any Cadet is found to have any of the following items on their person, it can be considered grounds for **immediate dismissal and/or prosecution**.

- Tobacco products, to include lighters
- Firearms, air-rifle guns, pellet guns, knives, slingshots, bows, pyrotechnics, improvised or homemade weapons
- Anything that would normally be considered a weapon
- Literature or pictures that are sexually explicit
- Any material that the Director or Commandant deems as negative to a Cadet's progress
- Literature or pictures that promote devil or cult worship
- Any drugs or drug related paraphernalia.
 - **All medication** must be cleared with health care personnel
- Any type of alcoholic beverages

PERSONAL APPEARANCE

Males: Cadets/ Candidates will receive a Buzz Hair cut. All males will be required to shave daily. Moustaches, goatees and sideburns are prohibited.

- Females: Hair will not fall over the eyebrows, nor will it fall below the bottom edge of the collar. Hair longer than this must be pinned up. Hair will not exceed 3 inches in bulk and cannot interfere with the proper wear of the headgear. No braids or weaves of any kind! Hair must be of natural color. Hair will be neatly groomed. Extreme or fad hairstyles are not allowed. Excessive amounts of any styling aids are not permitted. Fingernail polish is prohibited.
- Both: Fingernails are to be trimmed and will not extend beyond the end of the finger. Earrings are not allowed with any uniform wear while at the Academy.

HEALTH CARE

Non-emergency care:

- If possible, minor health care issues will be conducted by YCA medical staff personnel at the YCA Medical Aid Station. Should it be deemed necessary by the YCA medical staff to seek outside care, transportation to and from off campus health care providers must be provided or arranged by the parent/guardian or mentor.

Emergency care:

- 911 will be notified and Cadets will be transported to the nearest available medical facility as deemed appropriate by responded medical personnel. **Parent/guardians will be responsible for any charges incurred as a result of any emergency medical situation.** Cadets must have a copy of their medical insurance card on file and this card will be shown to the hospital staff to assist with payment. Any additional charges incurred (co-pays, etc.) will be the responsibility of the parent/guardian and not the staff member who accompanies the Cadet to the hospital.
- Cadets whose health prevents their satisfactory completion of the Academy or who miss excessive amounts of training through hospitalization, medical appointments or limitations directed by the medical doctor, may be dismissed from the Academy.
- Parents/guardians will be notified as soon as possible when Cadets are transported to a hospital for care. For this reason, it is ESSENTIAL that the YCA admission's office has current home, work and cell phone numbers of parents/guardians on file!

Sick Call:

- Cadets who are sick or have minor illnesses or injuries will report their symptoms to the Cadre. The Cadres will up-channel this information to the Medical section and the Cadet will be seen as soon as possible. Cadets will be evaluated for their condition and treated accordingly. A profile "sick slip" will be issued to the Cadet outlining performance limitations as designated by the medical staff.
- Cadets are responsible to carry this "sick slip" with them at all times until the expiration of the limitations.

Medical Appointments:

- Routine medical, dental, orthodontic, gynecology, optical, dermatology or any other appointments will be addressed on a case by case basis and must be coordinated through the YCA medical staff. **Office Phone: (808) 685-7141**
- ALL routine medical appointments must be coordinated through the YCA medical staff; who will then annotate the appointment and facilitate necessary arrangements prior to the Cadet's start date at the Academy.
- Routine follow-up appointments for pre-existing conditions should be scheduled during the scheduled passes.

HEALTH CARE (cont.)

- In the event a condition arises after the Cadet has started the academic phase of the academy, the YCA Medical Staff will work with the parents/guardians to schedule an appointment on a NON-ACADEMIC day. The Parents/Guardians are responsible for transportation of their Cadet to and from the appointment.
- Any and all costs incurred are the sole responsibility of the parents/guardians.
- Cadets are required to be taken to and from their appointment destination with NO deviation. The Academy is responsible for the meals of the Cadet. Any deviation from this standard must first be approved by the YCA senior staff.
- **If you as a parent/guardian feel there is a REAL need for your cadet to be seen by a medical provider, the circumstances (reason for appointment), provider information, plus date and time must be submitted to the YCA medical staff along with the release request at least five (5) working days prior to the appointment date.**

Prescriptions & Over-the-counter Medications:

Cadets are authorized to bring any prescription and/or any Over-The-Counter (OTC) medication as deemed necessary by their physician. All prescribed and/or OTC medications, require physician completion of Physician's Authorization for Prescription Medication/Over the Counter Medication form. All medications, both prescribed and OTC must be turned in to the medical section during pick-up processing or immediately upon your cadet's return from medical appointments. Medications cannot be dispensed until this form is on file in the medical section.

- It is the Cadet's responsibility to take all medications as prescribed by their physician. Refusal to take prescribed medications can result in dismissal from the Academy. Medication administration is monitored by the Medical section on a routine basis for compliance with physician's instructions and directions.
- Filling of medication prescriptions is the responsibility of the Parents/Guardians. In the event a Cadet is taken to the hospital and a prescription is written by the attending physician, every effort will be made by the Cadre and Medical staff to have this prescription filled at a local pharmacy, however, any co-pay requirement is the sole responsibility of the Parents/Guardians. In the event a prescription cannot be filled by the Cadre or Medical staff due to co-pays or liability issues, it remains the responsibility of the Parents/Guardians to fill this prescription for the Cadet.
- Re-filling medication prescriptions is the responsibility of the Parents/Guardians. It is understood that Cadets will only bring medications to the academy as deemed necessary by their physician. It is also understood that most pharmacies will only issue 30 days worth of medications at one time resulting in the need for re-filling of prescriptions on a regular basis. It is the responsibility of the Cadet to inform the Medical staff when they are running low on medications (5 to 7 doses left), the Medical staff will in-turn inform the Parents/Guardians who will contact the pharmacy and have the medications over-night-mailed to the academy or the parent/guardian can drop the medications off during normal business hours. Periods of no medication for the Cadet can have an adverse impact on the Cadet's health and their ability to complete the academy program. Parents/Guardians must make every effort to ensure timely re-filling of prescription medications.

RELIGIOUS SERVICES

The YCA does not promote any form of religion but will work to facilitate the religious needs of each cadet. Non-denominational religious services will be accessible on campus for those Cadets who wish to participate. This in no way guarantees that the religious needs of each cadet will be met. Therefore, special religious requirements should be brought to the attention of senior staff for consideration.

VISITATION/LEAVE/PASS

- Visitation is on a case-by-case basis only and will be at the sole discretion of the Director, Deputy Director or Program Coordinator. **All visitors must check at the CQ/Visitors Check-In Area with the CQ on duty.**
- Pass is when all Cadets will have the opportunity to go home. Transportation to and from the Academy during pass is the responsibility of the Parent/Guardian. If a Cadet is granted a Special Pass, the same transportation rules apply.
- Cadets may travel with or visit another Cadet's family however written permission must be obtained from both families prior to approval. In the event of family emergencies, please refer to the section entitled, "Family Emergencies".

PARENT/GUARDIAN INVOLVEMENT

It is imperative that Parents/Guardians and relatives are required to attend all Parent Workshop sessions at the Academy. Workshops are very important to understanding the Academy's goals in helping your child to make better choices. If you are unable to attend, please make arrangements for other family members to attend your place.

Note: Most Parent Workshops are scheduled the third (3rd) Thursday of each month to begin at 6:00 pm, please review the "Important Dates to Remember".

Note: At no time will visitors be allowed to enter the billeting areas without a staff member escort.

THE CADET'S PASS / VISIT HOME

Cadets Parents/Guardians must sign out the Cadet who will be permitted to leave the Academy Campus Grounds for a specified amount of time. We expect the Cadet and family to comply with strict curfew regulations (i.e. be in your house by 9pm). **No one other than a Parents/Guardians or Mentor may sign-in or sign-out a Cadet at the Academy.** All other arrangements must be pre-authorized. Cadets are also not permitted to ride in any staff personal vehicle, due to liability reasons. During this pass, you may begin to notice changes in your young adult. Please bear in mind that your young adult may be experiencing the beginnings of independence from family. Although the Academy's focus is to help the individual obtain his or her High School Equivalency Diploma. We also strive to create an environment of respect, tolerance, independence, self-confidence, and consistent discipline. To be successful in our mutual goals, the Parents/Guardians must be willing to uphold the goals and policies of the Academy during the Cadet's Pass/visit home.

THE CADET'S PASS / VISIT HOME (cont.)

The staff at the Academy also encourages the Parents/Guardians to be aware that there may be times when your child is ready to quit the program. The Youth Challenge Academy is a serious, long-term commitment that requires the support and involvement of the entire family. Remember the primary reason your child is enrolled at the Academy is because they dropped out of school, with or without your consent. Although this is a voluntary program, permission must be obtained from the Parents/Guardians for the Cadet to voluntarily be dismissed from the Academy and coordination must be made through the Program Director for dismissal. Parents/Guardians should continue to encourage the Cadet to complete the program.

CADET TELEPHONE USAGE

- **There will be no telephone privileges until the end of the Acclimation phase.** After completion of this phase of training, Cadets may earn phone privileges on some weekends with the permission of the Commandant and as schedules allow.
- The Academy will not pay for long distance calls. Cadets will be allowed to make long distance collect calls with parental permission. With parental permission a calling card may be used for these calls.
- Parents are not to call except for an emergency. Any calls from a parent, unless authorized by the YCA senior staff, will not be forwarded to the cadet.

FAMILY EMERGENCIES

- In case of a family emergency, which could be upsetting to your child, parents should call the Program Coordinator, (808) 685-7129, or the Operations Chief, (808) 685-7146, **PRIOR** To informing their cadet of the situation.
- **Please do not inform your child of a tragic event via mail correspondence.**

Note: A Family Emergency consists of death and/or serious bodily injury of a parent, grand-parent, legal guardian or siblings only.

HOMESICKNESS

This is a normal problem. Academy staff members are trained on how to work with those who experience some anxiety of separation and loneliness. When departing from your child at in-processing and upon arrival at the Academy always maintain an optimistic and positive attitude. Good-byes should be as brief as possible, yet provide the Cadet with the knowledge the family cares about them. You can help by writing friendly and encouraging letters weekly. Family members should also **write weekly**. Mail call is the most anticipated time of the day and letters from friends or family will encourage and uplift the morale of your child. Mail call is every afternoon, Monday through Friday.

DISMISSAL POLICY/PROCEDURE

Cadets may choose **Disenrollment on Request (DOR)** or may be dismissed for **Failure to Meet Academy Standards (FTMAS)**. Cadets who choose DOR will not be out-processed without parental consent. Cadets will only be out-processed between 9:00 am & 5:00 pm, Monday through Friday (excluding holidays), except when circumstance warrant immediate dismissal. Cadets and Parents/Guardians must turn-in all YCA property prior to departure and the Cadet/Parent/Guardian will be held financially responsible for any cadet caused damages to YCA property. Parents/Guardians will be notified of a dismissed Cadet as soon as possible and must make timely arrangements for transportation of the Cadet from YCA property.

Note: All transportation expenses for dismissed cadets, air travel or otherwise, are the sole responsibility of the parent or legal guardian. **The YCA will not pay for plane tickets home except during authorized scheduled pass and graduation!**

Note: Any personal belongings left at the Academy more than 10-days after dismissal are subject to disposal.

CONDUCT

A strict code of conduct will be used to enforce policy and discipline within the Academy. A spot report is used to document minor infractions and a counseling form is used to document serious incidents. Violation of this code will result in corrective actions. As the Hawaii National Guard Youth Challenge Academy is on a Military Installation, all violations of Federal and State Laws are subject to Federal Prosecution. The following offenses are considered major violations:

- Use of or possession of drugs, drug paraphernalia or alcoholic beverages.
- Use of or possession of any firearm, weapon, ammunition, or pyrotechnic.
- Permitting a Cadet of the opposite sex in one's barracks.
- Deliberate destruction, abuse, or misuse of any State and or Government property.
- Acts of or threats of aggressive or violent behavior.
- Theft of any kind.

DEPARTMENT RESPONSIBILITIES

- **Program Coordinator** is the main liaison between the Academy and the Parents/Guardians. This office is in charge of overseeing departmental and Academy operations and reporting directly to the Deputy Director of the YCA.
- **Admissions Department** is in charge managing the in-processing paperwork requirements (i.e. the 4140 form) for the current class and recruiting the Academy's follow-on class. Please DO NOT contact this department for any other matters
- **Cadre Department** is in charge of billet assignments, supervision, assignments and scheduling of Platoon Leaders, discipline, conduct, and the general welfare of the Cadets. The Commandant is the principle advisor concerning the Honor Code and any Military Protocol. Any questions regarding these areas are to be addressed to the Commandant.

DEPARTMENT RESPONSIBILITIES (cont.)

- **Academics** are responsible for all courses of educational instruction, curriculum, tests, and progress reports. Classroom work will be evaluated. Regular school report cards will not be used, however, records will be maintained on each Cadet and progress reports will be issued. Cadets will be evaluated in a wide range of academic areas in order to assess their needs and develop an academic program that will provide them with the skills required to successfully complete the Academic Excellence core component. Any questions regarding these areas are to be addressed to the Lead Instructor.
- **Mentor Coordinators** are responsible for Mentor Training and Mentor Activities. They also originate the Post-Residential Action Plan (P-RAP).
- **Placement/Post Residential Coordinator** is responsible for Job Skills instruction and acquisition of all vocational/technical/educational referrals. Also responsible for monitoring graduates through out the Post Residential Phase.
- **Counselors** are responsible for Counseling on performance, Life Coping Skills Instruction and financial planning. Also responsible for ASVAB testing, Military Recruiter Presentation, College Campus Orientation and Federal Student Aid Applications.

IMPORTANT DATES TO REMEMBER

<u>Date/Time</u>	<u>Event</u>	<u>Venue</u>
Aug 22 / 6:00 pm	Parent Training Workshop #1	Building 19 - Galley
Sep 19 / 6:00 pm	Parent Training Workshop #2	Building 19 - Galley
Sep 28 / 10:00 am	Family Day	YCA Main Compound
Oct 12 / 9:00 am	CL51 #1 Pass Release	Building 19
Oct 13 / 6:00 pm	CL51 #1 Pass Return	Building 19
Oct 17 / 6:00 pm	Parent Training Workshop #3	Building 19 - Galley
Nov 21 / 6:00 pm	Parent Training Workshop #4	Building 19 - Galley
Nov 27 / 9:00 am	CL51 #2 Pass Release	Building 19
Dec 01 / 6:00 pm	CL51 #2 Pass Return	Building 19
Dec 11 / 6:00 pm	Parent Training Workshop #5	Building 19 - Galley
*Dec 12 / 6:00 pm	CL51 Graduation Ceremony	Pearl City Cultural Center Auditorium

***Dates subject to change**

Notification via phone or email

PARENTING: EIGHT WEAPONS IN THE WAR OF ANGER

1. **EXIT OR WAIT**- The two most important words to remember when you are angry. Exiting or calling a “time out” can give us a breather so that we’re not at the mercy of our “short madness”. Attacks that occur in the heat of anger are usually met with reactive anger.
2. **“I” NOT YOU**- When a child does something to make us angry, our automatic response may be to shout an accusation: Why are you behaving like a brat? The message we communicate is that the child is unacceptable instead of the action. “You” statements have the ability to wound. “I” statements make the point much more personal. When you are angry, it’s better to say, “I’m mad” not “You’re bad”.
3. **STAYS IN THE PRESENT**- Don’t use the incident as a springboard for predicting a negative future or dragging up ancient history. Say “I’m” disappointed in this report card, not your report cards are always bad, or “at this rate” you’ll never amount to anything”.
4. **AVOID PHYSICAL FORCE AND THREATS**- If spanking worked, we’d only have to do it once, and when you’ve won by asserting physical power as a big person over a small person, you’ve won nothing.
5. **BE SHORT AND TO THE POINT**- Be specific. It’s pointless to tell a five-year old to clean up her room. If you expect results, you might wait forever. Children need specific instructions, although not too many.
6. **PUT IT IN WRITING**- A written message can be an effective and calming way to express your feelings in a manner others can understand. When you put your thoughts in writing, you also allow yourself a cooling down period; it’s another way of exiting and waiting.
7. **FOCUS ON THE ESSENTIAL**- In parent groups we talk a lot about making rules and fights that break out when these rules get broken or are ignored. Parents have to decide for themselves what is really important in their households.
8. **RESTORE GOOD FEELINGS**- Parents and children want and need good feelings to prevail, even when the battles become fierce. Time and distance heals many wounds, and a simple apology can diminish resentment and pave the way for reconciliation.

HAWAII NATIONAL GUARD YOUTH CHALLENGE ACADEMY
EMERGENCY CONTACT NUMBERS

<u>TITLE</u>	<u>NUMBER</u>
CQ (9:00 am – 5:00 pm, Mon - Fri)	(808) 685-7148
Duty Shift Commander & Cadre Contact	(808) 754-3572
Medical Dept.	(808) 685-7141
Commandant	(808) 685-7145 / (808) 260-5581
Program Coordinator	(808) 685-7129
Admissions	(808) 294-8422
Admission’s Fax	(808) 673-7538

Congratulations,



Sinaita'aga Atanoa

Director

Hawaii National Guard Youth Challenge Academy