



Bridging Refugee Youth & Children's Services

## Raising Teens in a New Country: A Guide for the Whole Family

This course was created for parents and teens who are new to the United States, and for the service providers working with them. The teen years are a time when children learn important lessons and skills that will help them as they develop into adults. This is also a time when parents' and teens' relationships can change. This can be exciting and scary for both parents and teens. It can be especially challenging for families who are also adjusting to being in a new country. This course covers topics that often come up in families raising teenagers in the United States and reminds newcomers that every parent worries for their children and most teens face these challenges.

This course is adapted from BRYCS' [\*Raising Teens in a New Country: A Guide for the Whole Family\*](#) and made possible with funding from through the U.S. Department of Health and Human Services, Administration for Children and Families, Grant 90RB007.

Have results you'd like to share? Please email [info@brycs.org](mailto:info@brycs.org).

### English Pre-test

- 1) Tell us a little about your family.
- 2) Parents—do you worry about raising a teenager in the U.S.?  
 Yes  
 No
- 3) Teens—Do you worry about being a teen and being new to the U.S.?  
 Yes  
 No
- 4) What do you worry about the most?

## English Post-test

1) It is important to leave your old life and culture behind so you can fit in.

- True
- False

2) What is a positive way to handle a disagreement about going out with friends?

- Find a compromise your parents might agree to, like inviting an older sibling to go along.
- Go out when your parents are at work so they will not know.
- Argue with your parents until they agree.

3) Newcomer teens are more likely to join gangs than U.S. born youth.

- True
- False

4) Bullying can be physical (hitting, pushing, etc.), verbal (teasing, name calling), or electronic (like through text messages).

- True
- False

5) If you are being bullied or discriminated against you should NOT: Choose one answer.

- Walk away from the situation.
- Hit or insult the bully to get him or her to stop.
- Save copies or screenshots of on-line bullying.
- Tell your parents or another trusted adult.

- 6) Every teenager's body grows and changes at the same pace.
- True
- False
- 7) In the U.S., parents are expected to be involved in their teen's education by doing things like meeting with teachers and asking questions about their teen's progress.
- True
- False
- 8) Which of these is an important step in college enrollment (choose all that apply):
- Looking at college websites or visiting colleges
- Learning about financial aid and scholarships
- Completing school applications
- 9) Which is a way to stay safe online (choose all that apply)?
- Never meeting someone in person who you only know online.
- Not sharing personal information like your full name, address or phone number when you are online.
- Reporting someone who is being inappropriate or threatening.
- 10) Most gaming systems and computers have parental controls so parents can restrict what their children have access to.
- True
- False
- 11) In the U.S. you must be 18 to drink alcohol.
- True
- False
- 12) When you are first learning to drive, you do not need to have a driver's license or permit.
- True
- False

13) Teenagers do not need to be covered by car insurance when they are learning to drive.

- True
- False

14) Which is an important adult skill to teach teenage boys and girls (choose all that apply)?

- Decision making.
- How to pay bills.
- Cooking.
- Doing laundry.

15) If you are an 18 to 25-year-old man living in the U.S., you must register with the selective service, even if you are not a U.S. citizen.

- True
- False

16) Parents - Do you feel more confident as a parent after taking this course?

- Yes
- No

17) Teens - Do you feel more confident as a teenager after taking this course?

- Yes
- No

18) What did you learn from this course? Did you learn something new about your son or daughter? Did you learn something new about your mom or dad?

**Post-test Answer Key**  
1) False 2) Find a compromise 3) False 4) True 5) Tell your parents or another trusted adult. 6) False 7) True 8) All of the above 9) All of the above 10) True 11) False 12) False 13) False 14) All of the above 15) True