

# Examples of What Teenagers May Think or Feel

sadness	why is this happening again?
confusion	why doesn't Mom just kick him out?
concern	Mom is going to get really hurt on day
frustration	I have problems too, but no one seems to care
isolation	I can't talk to anyone about this
guilt	I could have done something to prevent this
fear	he might turn on me next or hurt me
anxiety	is this what my future relationships will be like?
embarrassment	other families don't do this / the neighbours will hear
resignation	this is never going to stop
vengeful	I wish he would die or get hit by a bus
worthlessness	if they really cared about me, they would stop this
helplessness	there is nothing I can do to help my mom
responsibility	I have to protect my younger siblings from this situation
anger	why does Mom let him treat her (and me) so badly?
worry	I don't want to move so I hope Mom puts up with it
Panic	how will we afford to eat if Mom leaves him?

## What children may be doing

Hiding, praying, wrapping pillows around their ears, humming, clutching teddies, hugging pets, wearing headphones and turning up the music, concentrating intently on something else, pretending they are somewhere else. Older children may shepherd the younger ones to a safe place and try to keep them calm. Some teenagers intervene in the "fight," playing the peacemaker, the referee, the rescuer, or the protector.

## Thoughts and feelings go on after the "fight" stops

Next morning, next week, next month—one thought remains: will it happen again? Being keen observers, little eyes watch for anything they believe (rightly or wrongly) to be triggers. Seeing beer or liquor bottles may unleash a flood of emotions. Adults know that alcohol does not cause violence but in some homes, alcohol and violence seem to young eyes to go hand-in-hand. Little ears listen for raised voices or swearing and bad names. When violence has long been a feature of family life, children are hyper-sensitive to the cues and know when it is time to gather the younger kids and get out, or time to be sad and afraid because it's the only thing they can do.

(Source: little eyes, little ears, Cunningham & Baker, 2007)

## Inside Story Headline



Caption describing picture or graphic.

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be

used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

*"To catch the reader's attention, place an interesting sentence or quote from the story here."*

## Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an edi-

torial. You can also profile new employees or top customers or vendors.

Caption describing picture or graphic.



## Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask your-

self if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several

tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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## Organization

### Business Name

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

Your business tag line here.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.



## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

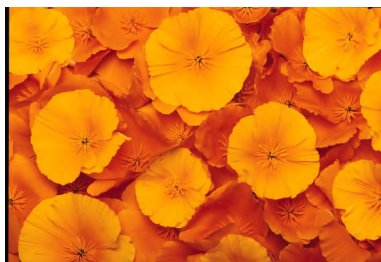
If you have any prices of standard products or services, you can include

a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual

charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



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