

ROTARY INTERNATIONAL YOUTH EXCHANGE COMMITTEE District 5160 – Northern California Outbound Parent “D”s

Outbound Parent – “D”s (6 “D”s) (Potential Successful Exchange Deal Breakers)



Don't be a Bulldozer -> Bulldozer *parenting* attempts to remove all problems before student is able to try to solve the problem themselves. Prevents growth and independence.



Don't be a Chipper-> Expecting or creating daily or frequent communication degrades (or chips away at) your student's attention on essential, full engagement in the exchange. Especially true in the first few months of exchange.



Don't be a Helicopter-> Helicopter *parenting* attempts to fix problems after they have happened. Don't drive your child's exchange with lots of advice and making decisions for them.



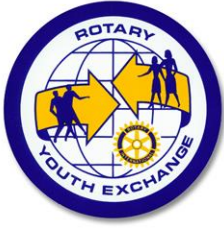
Don't be a Stink Bomb -> Don't allow personal or cultural stereotypes to steal the value of their exchange when communicating with your student. Allow them to form their own opinions about their entire exchange.



Don't be a Panic Button Pusher -> Being calm about your student's experiences comes from being knowledgeable about *student exchange best practice*. Connect with other exchange parents and Rotary Youth Exchange (RYE) committee officers and counselors.



Don't Rush the Re-entry process -> Your student will come back changed and will keep changing after their return as will your relationship. Don't assume your student will or will not experience homesickness.



ROTARY INTERNATIONAL YOUTH EXCHANGE COMMITTEE District 5160 – Northern California Outbound Parent “B”s



Outbound Parent “B”s (10 “B”s). (PINCK FLOPR aka Pink Flopper)

- Be **Proud!** -> Just getting on a plane to go elevates your student above most. They are developing Global Citizens and youth ambassadors from our country.
- Be **Independent** -> Open yourself to new activities or set goals of your own while your student is on their exchange. This may help balance challenging feelings and times.
- Be **Non-Judgmental** -> Exchange can produce strong feelings in students and family (pride, jealousy, fear, confidence, uncertainty, ambition, irritability, inspiration and more). RYE offers strategies and support to work through the challenges and capture the incredible benefits.
- Be **Confident and let go of need to Control** -> You have raised them well! Let the students work to solve their own problems and master their challenges successfully with the strong team support of Rotary, Host Parents, Youth Exchange Counselors and Youth Exchange Officers.
- Be **Knowledgeable** -> Learn about culture shock and reverse culture shock. Patience is needed as it can take a long time to process the experience and move on to the new “normal”.
- Be **Flexible** -> Students are asked to be flexible and you can help show this. New experiences and people are not always good or bad, sometimes just different. Flexibility may be necessary because of RYE rules, government regulations and most importantly your student’s safety.
- Be a Good **Listener** -> Their exchange can be an agent of growth and change for the whole family (even parents!). Ask them for their ideas, plans and strategies. This can help you understand where they are and where they are going in their exchange *without telling them where you think they are and are going.*
- Be **Open-minded**- > Don’t put your cultural perspective on your child’s experience. Celebrate as many differences and discoveries as you can.
- Be **Positive!** -> Be aware of your own fears and concerns. Don’t let them transfer to your child. Encourage them because they will need your full support to complete their exchange.
- Be **Ready** -> For your student to grow up... a lot! Parents view students as kids and Rotary views them as capable teens.

