

STUDY SHOWS BENEFITS OF ARGUING

Charlottesville, Va.—Teenagers who hold their ground during arguments with parents can better resist pressure to use alcohol and drugs, researchers say. “Healthy autonomy” established at home seems to carry over into kids’ peer relationships.

The important link, says study co-author Joanna Chango, is the “ability to persuade and be assertive through calm reasoning,” rather than yelling, whining, backing down, or avoiding back-and-forth discussions.

Parents shouldn’t merely demand compliance, says professor Stephen Hayes, adding that teenagers need “a strong spine and a sense of values and [to] know that they’re cared for.”

Sources: *msnbc.com*, *healthland.time.com*, *telegraph.co.uk*

Questions: What benefits, if any, have you or your parents gained from arguing? How successful are you at getting your voice heard? at persuading your



parents? Are you confident that your parents always have your best interests in mind? Why or why not? When has a disagreement crossed the line into being disrespectful or challenging authority? How might arguing help you establish independence? How might it damage your relationships?

What do you and your parents argue about the most, and why? Are your disagreements generally calm, respectful, and productive? Explain. How might arguing and reasoning skills help you navigate tough social situations? What else has helped you develop a “strong spine” and solid moral character?

Scripture links: Proverbs 17:14; Matthew 10:34-37; 2 Timothy 2:22-26; and James 4:1-7. ●