

Teach youth to make right calls

GARY'S TIPS TO HELP TEENAGERS STAY ON TRACK

PARENTING

JUSTIN LEES

In 34 years as a cop, Gary Jubelin saw plenty of people go off the rails – and used the lessons at home, as a father working to ensure his own kids stayed on track. The former homicide detective's no-nonsense yet nuanced approach to policing seems reflected in his views on parenting as we discuss the perennial topic that nags at all mums and dads with teenagers: how do we keep them out of trouble?

Jubelin cites a former career criminal – Bernie Matthews, a guest on the lawman-turned-author's *I Catch Killers* podcast – as he emphasises how just one “sliding doors” moment can be enough to send a young person down a path of wrongdoing.

“Just a couple of things, when I was younger, and I could have gone off in a different direction,” Jubelin says Matthews told him during a recent reflection on his past as an armed robber, escapee and prison activist.

The job of a parent is to try to equip kids to make the right decision at those moments.

These are Jubelin's top tips: some learned on the force, others from his personal experiences as a boy and as a dad to now-adult son Jake and daughter Gemma.

BE A PARENT FIRST

“Be a parent first and a friend second,” says Jubelin, arguing you have to be strict in the formative years – but do it fairly and “with no judgment”.

“My old man was so strict it wasn't funny, it was scary. And I now look back and think ‘thank Christ he was, because if he wasn't that strict I'd have headed down the wrong path’. My father had the sense to see he had to be strict with me, because I was being influenced by people who weren't the best of influences.”

Jubelin, 57, also stresses that at the same time kids must feel they can come and ask for help. “I have told my kids no matter what you do, I will support you; and there's a solution to every problem. You tell me what's going on and I will help.”

VALUE THE RIGHT COMPANY

“The company you keep and your role models are something that set you on a path that's very hard to change,” Jubelin says. Advising parents to know who their kids are socialising with, he says the best antidote to dodgy companions is positive role models, who will in turn help instil lasting values.



Crime podcaster and former police detective Gary Jubelin now has a live show. Picture: John Appleyard

Catch Gary live... and not-so-live

- Gary Jubelin's next public-facing project is a series of *I Catch Killers* live shows around Australia, with dates confirmed for Melbourne, Sydney, Brisbane and Adelaide.
- Tickets for the events, co-hosted by Jubelin's friend, award-winning actor Rob Carlton, go on sale from 11am today at ticketek.com.au
- The spring shows will go behind the scenes of major investigations, from gangland murders to unsolved serial killings, helping the audience understand crime

from different perspectives. “It will be raw and brutally honest just like the world I inhabited,” Jubelin says. “Nothing is off-limits.”

• Speaking of off-limits, the latest season of his *I Catch Killers* hit podcast is now on general release.

• On the podcast, Jubelin speaks to a gripping line-up of guests, from repeat offenders and veteran officers to top forensic and legal brains. He starts the new season this week with Australia's hardest cop, Jason Semple.

BE INVOLVED

As well as knowing what's happening in your children's life, participate as much as you can. Even when separated from his children's mother, Jubelin says he would try to be there for things like driving his daughter to ballet or coaching at his son's soccer club.

BUILD CONFIDENCE

“None of us are born confident. I think it comes from people around

you supporting you,” Jubelin says.

He believes firmly in the value of activities like boxing or martial arts to build that confidence and reduce the likelihood of violent conflict – especially for testosterone-addled teenage boys.

“It adds a confidence that you don't have to prove yourself all the time,” he says. “Sometimes I think violence escalates because people are generally scared; but a confident person can back away

from a fight because they've got nothing to prove.”

He also espouses team sports and activities for giving children vital social and interpersonal skills.

EMOTIONAL INTELLIGENCE

Hand-in-hand with confidence, goes teaching teens to perceive and manage their emotions.

“Why aren't we teaching more emotional intelligence in school?” Jubelin muses. “Quite often I see the people that have gone off the tracks are decent people but they don't know how to express their emotions. Bikies are the classic for it: ‘What d'you say bro?’ And it just escalates from there ...”

IT'S NOT JUST YOUR WORLD

Jubelin also urges instilling a sense of empathy and respect. A first step to shattering teens' illusion that “the whole world revolves around them” is showing them that actions have consequences and impact on others. And he urges teaching them to perform random acts of kindness. “It is good for the soul,” he says. “It is rewarding, because you feel better about yourself.”

OCEANS OF GOODNESS IN SEAWEED

SARAH LEUNG

SEAWEED has been getting lots of attention in the past 12 months and for all the right reasons.

When many of us think seaweed, we think perfectly rolled sushi or refreshing seaweed salad, but there's far more to this under-represented hero.

Seaweed is an edible algae that's found in fresh seawater or farmed inland.

Due to its abundance and ability to thrive naturally on the sea floor, hand harvested or farmed seaweed has many positive environmental impacts and delivers a world of nutritional benefits.

It's time to give credit to this quiet achiever and here's why.

IT'S A NUTRITION POWERHOUSE

Grown in salty and fresh sea water, seaweed naturally contains high amounts of minerals such as iodine, magnesium, calcium and copper. Iodine deficiency is the most common cause of thyroid disorders and preventable brain damage in babies and young children. It is estimated 68 per cent of pregnant women in Australia do not meet their increased iodine requirements and more than a million Australians suffer from undiagnosed thyroid disorders. With immunity being at the forefront of people's concern in 2021, seaweed is also a source of vitamin C, iron and zinc which may help to maintain a strong immunity. Seaweed is also a great source of vitamins such as A, B and K as well as vitamin B12, which is helpful for people who are at risk of deficiencies such as vegans/vegetarians.

IT PACKS A FLAVOUR PUNCH

Seaweed is so flavourful due to its umami contributed by the high glutamate content. When added to cooking, it instantly adds more depth into the dish and enhances flavour. Another advantage of using seaweed in cooking is it is a natural salt substitute. Most seaweed has about 70-90 per cent less sodium compared to salt. Rather than using table salt, try sprinkling seaweed flakes on to eggs, rice, noodles, salads and meat next time.

IT'S A SUSTAINABLE HERO

Seaweed can be grown in the sea or in a land-based farming system. Both methods are sustainable ways to produce food for consumption as they grow much faster than plants growing in soil. Like land-based plants, seaweed absorbs carbon dioxide and releases oxygen to the environment.

IT'S VEGAN, VEGETARIAN FRIENDLY AND NATURALLY GLUTEN FREE

Requirements for nutrients such as zinc, iodine, iron, calcium and vitamin B12 are often hard to meet when you are on a vegan or vegetarian diet and seaweed is a good plant-based alternative to get these vital nutrients. You should also heed the allergen warning about traces of crustacean. You will find this warning in most seaweed packaging because seaweed is the habitat of many crustaceans such as mussels. While producers wash it thoroughly, there may still be traces of

crustacean in the seaweed. Therefore the trace of crustacean statement is an important disclaimer for people who may be highly allergic.

Sarah Leung is a nutritionist and founder of Alg Seaweed.



Sarah Leung.