

 First Advantage®

Communicating With Teenagers

A Guide For Parents




Insert Company
Name/Logo

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Ground Rules


H – honest
O – open
P – participate
E – expect success
S – sensitive to others

Confidentiality – what's said in this room stays in this room.

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Objectives

- Understand the purpose of adolescence
- Review good listening skills
- Learn about I-Messages
- Learn a problem-solving model
- Learn about planning for success with your teen
- Review current issues facing teens
- Understand warning signs for teens in trouble

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The Purpose of Adolescence

1. Identity formation
2. Understanding limits
3. Practicing adulthood

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Good Listening Skills

- Lecturing is not communicating
- Eliminate distractions
- Listen for feelings
- Connect feeling to content
- Reflect back your understanding of the message

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Good Listening Skills

- Get assurance that you have correctly hear the message
- Do not form a rebuttal in your head while listening
- Ask teen how and if they would like you to help

I-Messages



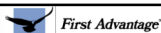
When you _____ (behavior)
I feel _____ (feeling)
Because _____ (connect feeling to behavior)
I would like _____. (new behavior)

Problem-Solving Model



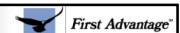
1. Define the problem (as specific as possible)
2. Brainstorm solutions
3. Agree upon a solution and a time frame
4. Implement the solution
5. Evaluate the effectiveness of the solution
6. Repeat as necessary

Plan for Success with Your Teen



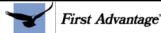
- Give them responsibility and let them learn from the consequences.
- Create opportunities for open communication.
- Choose your battles.
- Practice what you preach

Current Issues Facing Teens



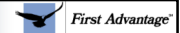
- School violence
- Drug and alcohol use
- Sex
- Smoking
- Eating disorders
- Self-injury
- Suicide

Signs of Trouble in Your Teen



- Personality change
- Physical change
- Behavioral change
- Peer group change
- Evidence of trouble

Discussing concerns



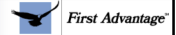
- Encourage talking – Open Dialogue
 - *Some teens need an invitation to start talking*
- Ask non-threatening questions
 - *Avoid yes-no questions*
- Be interested and pay attention
 - *Look for non verbal messages*
- Reflect feelings
- Listen patiently
- Use teachable moments

RESOURCES



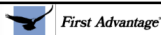
- How to Talk So Your Kids Will Listen and How to Listen So Your Kids Will Talk, Adele Faber and Elaine Mazlish
- Reviving Ophelia, Mary Pipher, Ph.D.
- The Wonder of Boys, Michael Gurian
- The Teenage Survival Book, Sol Gordon
- Parenting Your Teenager, David Elkind
- Surviving Your Adolescents, T. Phelan

RESOURCES



- You and Your Adolescent: A Parent's Guide for Ages 10-20, L. Steinberg and A. Levine
- A Tribe Apart, Patricia Hersch
- Parenting Teenagers: Systematic Training For Effective Parenting by Don Dinkmeyer, Sr., Don Dinkmeyer, Jr., Gary McKay, and Joyce McKay
- www.tnpc.com/parentalk/adolescence
- www.suite101.com

EAP Services



- Confidential
- No cost to employees
- Professional

Available 24-hours a day,
7 days a week
* * *

Call First Advantage
800.935.9551

