

ParentTeen Communication Campaign



www.findingthetime.org



Tips for Teens #1 : March-April 2002

Finding the time.

TALKING WITH YOUR PARENTS*: LISTEN + TALK = COMMUNICATION



Being a teenager isn't easy, and talking to parents* is just as hard. School, work, and friends all add up to pressures that some parents just don't understand. Although it's hard to believe, parents were once teenagers as well, and so they have knowledge based on experience that they could share.

It's important to recognize the impact that your parents have had on your decision-making, but it's just as important to let them know about this impact.

As the years progress, your relationship with your parents will continue to change, but they'll still be needed for help and support. As you get older, work with them to exercise your independence in a responsible way.



Did you know that many teens don't talk to their parents because they are afraid their parents will be disappointed in them? But do you know what disappoints parents the most? When their teens don't talk to them. Give your parents a chance to help you.

- **Listen.** Your parents are full of useful information that may help you make decisions.
- **Do something fun together.** Go to a baseball game, go to a museum, and have a conversation with your parents, in which you give more than "yes" and "no" answers.
- Remember that respect is a two-way street: if you respect your parents, they will respect you back.
- Invite your friends over for dinner to meet your parents. If your parents have met whom you hang out with, it is likely that they will be willing to trust you when you go out.
- Consider telling your parents you love and appreciate them once a day. Even a small sentence makes a big difference.
- If you cannot talk with your parent, talk with an adult who can help (for example, an adult relative, friend or a teacher.)

*Including anyone – grandparent, guardian, aunt/uncle – acting as a parent to a teen.

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In collaboration with WBS6 and over 30 participating organizations.

