

Tip 1: Build mutual respect

Teens are more open when they have some control and feel understood.

- Ask permission: *"When is a good time to talk, now or after dinner?"*
- Show empathy: *"You had a hard day today. It must be stressful dealing with everything you have going on."*

Tip 2: Ask open-ended questions

- Open-ended questions allow teens to think through their experiences and feelings and possible solutions. They are not easily answered with a yes or no response. *"What do you need to help manage your stress right now?"* or *"What changes could you make to decrease your stress?"*

Tip 3: Foster self-worth and self-esteem

- Teens whose strengths are recognized will be motivated to develop those strengths. *"You are committed to figuring out how to decrease your stress."*
- Teens who are always told something is wrong with them or to "get over it" are more likely to use substances, report depression and anxiety, and have sex at an early age.
- Empower teens to take care of and value themselves: *"You believe in taking care of yourself."*

Research shows having trusted adult to turn to is the **single most important factor** in reducing youth risk.

The stronger your relationship with your teen, the more influence you will have.

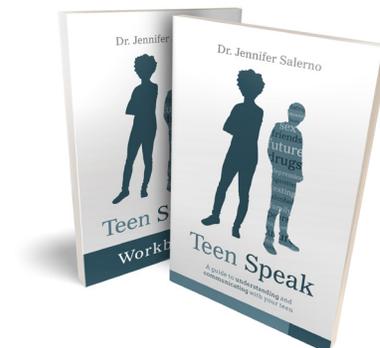
Tips in Practice

Can we talk for a few minutes? Wait for your teen to respond. *It can be really hard to balance school, friends and family. You care about being there for all of the people in your life and want to keep your grades up.* Wait for your teen to respond. *What can you do to help manage all of your activities and school?* Listen and then offer some solutions of your own. *Those are good ideas. What do you think about scheduling a night to see your friends on the weekend and dedicating three weeknights to school work?* End with, *What can you commit to doing?*



The Teen Speak Series of resources—protect, connect and build trust with your teen.

- **Teen Speak: How-to Guide** – A detailed road map for connecting with teens, including information on adolescent development.
- **Companion Workbook** – A tool for practicing communication strategies presented in Teen Speak, including real-world scenarios.
- **Online Learning Course** – an interactive online Teen Speak course. Includes "hot topic" parent-teen scenarios, like technology boundaries, clothing battles, and peer pressure.



- ★★★★★ "My go-to guide for real world parenting"
- ★★★★★ "A 'What to Expect' for teens."
- ★★★★★ "Dr. Salerno is the teen whisperer!"