

Talking To Your Teens About The Tough Stuff

What Gets In Our Way?

- Uncertainty about when to have these discussions (what topic at what age?)
- Uncertainty about what to say
- Trying to pick the “right time”
- Our personal discomfort with the topics and/or with accepting our children are growing up

How Can We Overcome These Obstacles?

- Examine what exactly makes you uncomfortable
- Get information about what messages are appropriate for what ages
- Do not wait for the “right time” – chances are it will never materialize! Look to have ongoing short conversations rather than a one and done “TALK”

Why Is It Worth It?

- Be first to market
- Builds connection
- Whether you have these conversations or not, you are giving your child a message

How Do You Do It?

- Choose your moments wisely
- Get in the right mindset to have a conversation, not a lecture
- Set the tone: relaxed, calm, warm
- Consider having an intro but don't be too rehearsed
- Ask open ended questions
- Listen carefully to what your child says – this will cue where you take the conversation
- Tune in and observe your child
- Control your reaction
- Empathy is always helpful
- Be honest!
- Follow up