



COMMUNICATION TIPS FOR TALKING TO TEENS

ASK YOURSELF

- What assumptions am I making with this statement?
- How will my teen react to this question?
- What is the intention behind this conversation?



WAYS TO RESPOND



Do not accuse or shame them

Ask questions that show genuine interest, such as “Are you worried about ____?”



Start sentences with “I feel” to express your emotions about their behavior, such as “I feel ____ when you do ____.”

Ask them about their emotions, such as “How did you feel when that happened?”

