



Talking to Teens: Communication for Connection: Part 1

It is easy to have breakdowns when talking with teens, especially about their struggles. You can set the stage for deep, impactful conversations by being aware of some strategies that work and some common mistakes.

Key Takeaways:

1. Recognize and respect teen brain changes.
2. Recognize and support developmental tasks.
3. Avoid common roadblocks to effective communication.
4. Apply 4 Steps to effective communication for connection:
 - Open communication - Listen first, speak second!
 - The Golden Rule - Treat your teen as you want to be treated.
 - Check in with yourself - Ask yourself what your agenda is. Are you wanting a desired outcome? Acknowledging these things lets you put them to the side and see things better from your teen's perspective.
 - Apply active listening - Reflect back on what your teen has shared to ensure you understand them.

