



Talking to Teens: Teach Problem Solving

It can be tempting to tell our teens what they should do, or how they could have done something better. However, this gives them decreased opportunity to arrive at these conclusions themselves!

Key Takeaways:

- Recognizing who owns the problem is the first step to solving it.

- Is it you, your teen, or both? If “Yes” to any of the below, the parent takes part in owning the problem. If “No” to all, this is for the teen to solve.

1. Is my teen too young?
2. Will there be harm to a person or property?
3. Are your rights being violated?



- When your teen feels like they are a competent problem solver they are less likely to engage in risky behaviors.
- Problem solving works best as a collaborative process.
- If you own the problem, take time to explain the issue as you see it using “I” statements.

