



## Talking with Teens: Tips for discussing challenging topics

For conversations about	Try these approaches
Feelings, relationships, and trust	<ul style="list-style-type: none"><li>● Be a parent, not a friend</li><li>● Support your teen's friendships.</li><li>● Encourage your teen to be kind to himself or herself.</li><li>● Foster closeness with your teen.</li></ul>
Uncomfortable subjects, like sex, diversity, and transitions	<ul style="list-style-type: none"><li>● Be honest and direct.</li><li>● Accept your own and your teen's discomfort.</li><li>● Step outside your own comfort zone.</li></ul>
Safety: drugs, alcohol, and assault	<ul style="list-style-type: none"><li>● Help your teen to learn from mistakes.</li><li>● Give up total control.</li><li>● Respect your teen's independence.</li><li>● Try not to judge.</li></ul>
Character: morals, values, and decisions	<ul style="list-style-type: none"><li>● Encourage thoughtful decision-making.</li><li>● Follow through with consequences.</li><li>● Respect your teen's developing morals and values.</li><li>● Show and encourage gratitude.</li></ul>
Struggles: bullying, confidence	<ul style="list-style-type: none"><li>● Make your home safe and comfortable.</li><li>● Be approachable.</li><li>● Stand up for and with your teen.</li><li>● Find opportunities to support courage.</li></ul>

