



Teens Who Perceive They Can Solve Problems are...

- Less likely to engage in substance abuse
- Less likely to harm self or others - all around safer
- More operationally competent
- More empowered and have a sense of agency

6 Steps to Coach Problem Solving

1. Reflect child's emotion
2. Understand problem according to child
3. Invite child to brainstorm ideas
4. Discuss idea outcomes
5. Invite child to choose solution
6. Plan time to discuss outcomes

