

Tip 1: Build mutual respect

- Teens are more open when they have some control and feel understood. Ask permission: *"When is a good time to talk, now or after dinner?"*
- Show empathy: *"It's hard to stay home and study when your friends are hanging out and I know you are committed to getting good grades."*

Tip 2: Ask open-ended questions

- Open-ended questions allow teens to think through risky behaviors and possible alternatives to those behaviors. They are not easily answered with a yes or no response. If you'd like to have a conversation with your teen about drinking alcohol, you could start by asking, *"How will you handle being offered alcohol at the party?"* instead of *"Are you planning on drinking at the party?"*

Tip 3: Foster self-worth and self-esteem

- Teens whose strengths are recognized will be motivated to develop those strengths. *"You are a caring friend and want to work things out with Lisa."* Teens who are always told something is wrong with them are more likely to use substances, report depression and anxiety, and have sex at an early age.
- Empower them to take care of and value themselves: *"You believe in respecting yourself and others."*

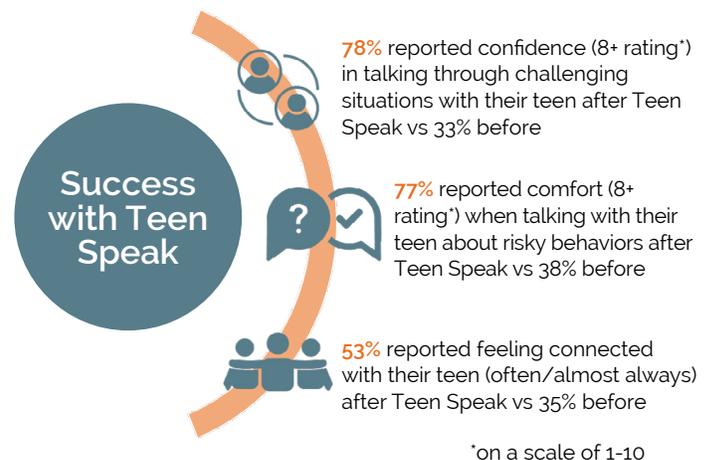
Teens who feel connected to their family

- ✓ have less drug use
- ✓ delay sex

- ✓ have less depressive feelings leading to suicide

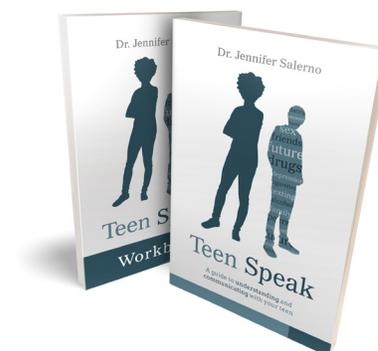
Tips in Practice

Can we talk for a few minutes? Wait for your teen to respond. *It can be really hard not to look at and respond to texts while driving. You care about being safe and keeping your friends safe when they are riding with you.* Wait for your teen to respond. *What can you do to keep from texting and driving?* Listen and then offer some solutions of your own. *Those are good ideas. What do you think about putting your phone in the glove box or putting it on 'Do Not Disturb' when you get in the car?* End with, *What can you commit to doing?*



The Teen Speak Series of resources—protect, connect and build trust with your teen.

- **Teen Speak: How-to Guide** – A detailed road map for connecting with teens, including information on adolescent development.
- **Companion Workbook** – A tool for practicing communication strategies presented in Teen Speak, including real-world scenarios.
- **Online Learning Course** – an interactive online Teen Speak course. Includes "hot topic" parent-teen scenarios, like technology boundaries, clothing battles, and peer pressure.



"My go-to guide for real world parenting"



"A 'What to Expect' for teens."



"Dr. Salerno is the teen whisperer!"