

## BENEFITS OF COMMUNICATION

Open and effective communication with your teen is crucial to:

- Maintaining & strengthening your parent-child relationship.
- Continuing your parental influence and guidance.
- Proving positive, effective discipline.
- Ensuring your child will confide in you with life's challenges.
- Showing your teen how to effectively express themselves .
- Providing social support and building resilience in your teen .



## ALSO READ Parents: Care, Listen, Talk

Signs & Symptoms

Cocaine/Crack

Marijuana

Tobacco

Alcohol

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## TAKING CHARGE OF CHANGE



## FAMILY TRANSITIONS

Communicating with  
Your Teenager

# COMMUNICATING WITH YOUR TEENAGER

## THE CHALLENGE

Throughout your child's life there will be many developmental changes.

One of the most challenging stages is the change from childhood to adolescence. Along with rapid changes in their bodies, teenagers may also show changes in their attitudes, behaviours, language, dress, technology use, and the need to be accepted by their peers.

As a parent, you may feel as though you no longer know your child. Most parents become stressed out during this period because it seems as though your child is no longer listening to directions and advice.

Do not be discouraged - you are not alone and there is hope. Just as your teenager is going through many changes, so too is the family as a whole. As a parent, you will also be going through changes as you learn new ways to talk and listen to your teen, to provide guidance and discipline, and to strengthen your relationship.

## UNDERSTANDING COMMUNICATION

### DID YOU KNOW?

We communicate with more than just words. Much of the messages we send to others are nonverbal and include our gestures, facial expressions, tone of voice, and body language.

## HOW DOES YOUR FAMILY COMMUNICATE?



## HOW TO TALK TO YOUR TEEN

You may find it much harder to talk to your teenager than when they were younger. At times, it may seem as though they hear, but just don't listen. Here are some tips to keep in mind to make communicating with your teen just a little bit easier:

- Be genuine - say what you mean.
- Minimise distractions .
- Make time to talk with your teen.
- Be mindful of what your body language and facial expressions are saying.
- Use a firm but loving tone of voice.

## LISTENING THE KEY TO EFFECTIVE COMMUNICATION

It is just as important to listen to your teen. To be a great listener:

- Allow your child to speak without interruption or judgement.
- Pay attention and show interest.
- 'Listen' to their nonverbal messages and be mindful of yours.
- Ask questions to ensure you understand what they are saying.
- Be empathic - try to understand their experiences and point of view.