

13 Tips for Talking with Teens about Anything

Talking to your teen is one of the most important ways that you can support them during their adolescence. Use these tips to help you talk to your teens about anything.

1. Create an open environment
2. Consider your teen's temperament
3. Respect your child's feelings
4. Understand the questions
5. Always be honest
6. If you don't know something, admit it
7. Don't leave big information gaps
8. Use age-appropriate language
9. Get feedback
10. Be patient
11. Say it again and again
12. Give them your undivided attention
13. Speak separately to kids of different ages

Source: *Talking with Kids about Tough Issues*, www.talkingwithkids.org

Resources for Talking with Teens:

- Talking with Kids about Tough Issues: www.talkingwithkids.org
- *How to Talk So Kids Will Listen and Listen So Kids Will Talk* by Adele Faber & Elaine Mazlish
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