



Talking with teens can be refreshing and insightful...they should be a part of each day. Most conversations take place in the presence of other people...so find occasions to talk with your teen alone, away from brother, sister and anyone else.

Make sure you listen to what is being said, but also make sure you listen to what is not being said. Effective communications is the key to healthy relationships.

Some tips for parents...

- teens deserve respect
- adults should respect their teens and expect it in return
- adults should show respect for their teenager's friends
- never berate or belittle a teen in front of his/her peers

One of the biggest problems during adolescence is the power struggle that develops between teens and adults.

Recognize the power struggle for what it is...the result of teens wanting to feel powerful in an adult world...find ways of working through it together.

...teens are apprentice adults, and they need time to breath and learn

...it is up to the adult to balance freedom and independence with good judgment about when to step in