

## Ten Quick tips To Talk to your Teen

1. Listen, Listen, Listen!!!
2. Check yourself and your emotional temperature
3. Be direct and be honest (especially if it revolves around a Safety issue)
4. No important conversations should be had via text!
5. Add 15 minutes in your schedule for every encounter
6. Apologize at every opportunity
7. Try talking in the car-sitting side-by-side seems to feel safer than face to face
8. Don't lecture-it takes two people to actually have a conversation and your teen can turn off the sound of your voice like they have a switch
9. NO insults to or about your teens identity
10. Try and try again-Don't get too personally wounded if you don't get a response or the response you are hoping for