



the
**Chickasaw
Nation**
Department of Health

**TALKING
TO TEENS**

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**CLINICAL SERVICES FOR PEDIATRIC WELLNESS:
TALKING TO TEENS**

COMMUNICATION TIPS

Be calm while talking with your teen about important issues.

LISTEN WITHOUT JUDGMENT

- Repeat what you think you heard
- Do not offer solutions unless asked
- See it from their perspective

PRAISE THEM OFTEN

- Catch them being good
- Be specific about what you are praising
- Think about what you wish you heard as a teen

SPEND TIME TOGETHER

- Ask about their interests
- Eat meals together
- Cook
- Listen to music
- Play a sport
- Drive together
- Go for a walk

REMEMBER, IT IS OK TO NOT KNOW EVERYTHING. FIND SUPPORT TO ADDRESS TOPICS YOU FIND DIFFICULT.

STATISTICS

77% of teens report being bullied and, having supportive adults to talk to can help.

94% of girls report having experienced body shaming. | **65%** of boys report having experienced body shaming.

20% Supportive relationships not only protect teens from depression but also help when up to 20% of teens experience depression by adulthood.

CONVERSATIONS

You might find the following tips useful to keep the conversation flowing.

OPENERS

Ways to keep your teen open to talking to you:

- "Tell me how you see it."
- "I care about what you think."
- "Your ideas are important to me."
- "What I'm hearing you say is ... did I get that right?"
- "Thank you for talking to me about this."

CLOSERS

Things to avoid because they often end a conversation:

- Judging or criticizing your teen's choices or behaviors
- "It was harder for me."
- "Why can you not just ..."

OTHER IDEAS

Practice being supportive of your teen, while also honoring their growing independence by:

- Supporting their growing need for privacy
- Providing space to hear their thoughts and opinions
- Co-creating a plan to address tough issues

THESE CAN ALSO BE AN OPPORTUNITY TO DEEPEN YOUR RELATIONSHIP OR BEGIN TO APPRECIATE YOUR TEEN FOR THE PERSON THEY ARE BECOMING.

