

Antelope Springs
Parenting Teens
Session 6

Agenda

1. Review Listening Skills and hints for hearing Teens
 - a. Ask “Who has the problem?”
 - b. Start with Reflective Listening/Mirroring
 - c. Validating
 - d. Empathizing
 - e. “Hints for Hearing Teens” handout
 - f. “Praise vs Gratitude” handout

2. Discipline Skills
 - a. Ask “Who has the problem?”
 - b. If you need to discipline:
 - c. Start with an “I-Message”
 - d. Wait
 - e. Natural or Logical Consequences

3. Family Contracts with Teens, (Why, when and how?)
 - a. Work for input from all
 - b. Make it short and specific
 - c. Topics should be important issues
 - i. Curfew
 - ii. Boundaries
 - iii. Use of car, phone, computer, TV, etc
 - iv. Attitude
 - v. Consequences?

4. Family Meetings with Teens (Why, when and how?)
 - a. Should be scheduled and then follow through.
 - b. Appeal to the “self interest” of all parties.
 - c. Use as a base for both interaction and structural processes
 - d. Leadership of the meeting
 - e. Possible agenda outline
 - f. Remember RESPECT

5. Bradley summary “The 10 Commandments of Parenting Your Teen”
 - a. Thou Shalt be the Dispassionate Cop Unto Thine Own Child: Be Cool, Not the Fool
 - b. Thou Shalt Listen Even as Thine Own Child Shouts
 - c. Thou Shalt Not Shout, Speak Thou Wisely
 - d. Thou Shalt Add 15 Minutes to EVERY Interaction Involving Thy Teen
 - e. Thou Shalt Vanquish Thy Foolish Pride
 - f. Thou Shalt Not Kill
 - g. Thou Shalt Apologize at Every Opportunity
 - h. Thou Shalt Honor Thy Child’s Identity, Even Tho It Maketh You Ill
 - i. To Thine Own Self Be True
 - j. Know Thou, This Too Shall Pass
6. Making and Enforcing Rules and Decisions
7. Problem Solving Strategies
8. Balancing Safety with Privacy
9. Surviving Your Kid’s Rage
10. Drugs; the Dos and the Don’ts
11. Sex and Dating: What You Need to Know
12. Getting Help

Hints for Hearing Teens

1. Teens will usually talk if they feel you are really interested in getting to know them. Understand that if parents have an agenda to use the listening as a way to get information to use in rule enforcement, the teen will usually sense that and most likely not be very responsive.
2. If parents can respond (NOT REACT) to what they hear in a nonjudgmental way, the chances of the interaction continuing are improved.
3. When parents listen effectively to teens they spend time. You can't be effective and count only on "quality time". . . quantity is vital. Don't shortcut the available time by believing that good techniques will compensate for little time. All the research and anecdotal reports from teens suggest that the amount of time spent is absolutely fundamental to connecting
4. Look honestly at WHY you want to listen to your teen. What is your agenda really? Do you REALLY want to know your teen? Sometimes using the guide of "how would I respond if this were my best friend telling me this?" can be very helpful.
5. Remember that your nonverbal responses can be very important in influencing outcome. If you are looking at your watch, or are restless because you have "things to do", your teen will sense that quickly and usually will either shut down or get angry.
6. Remember that **all of us battle a sense of insignificance every day**. When you are listening to your teen, you might want to ask yourself, "how does this person feel about themselves?, and how do they wage that battle against insignificance?" The answers to those questions may help you listen more carefully.

