

FIGURING OUT WHAT'S UP WITH YOUR TEENAGER



ASK THEM TO ANSWER THIS QUESTION

'How are you on a scale of 1 to 10?'
(1 = pretty awful and 10 = smiles all round.)



IF THEY ANSWERED 7 OR ABOVE

Awesome! Ask them what's going well in their world, and remind them of these things the next time their score is low.



IF THEY ANSWERED 4 OR LOWER

Ask them what might need to happen to bring them up to a 7. Check out ReachOut.com together for some advice.



ASK REGULARLY

It'll help you to spot trends and act quickly.

Supporting parents to help their teenagers deal with whatever life throws at them. ReachOut.click/Communication

Tips for creating a safe and trusting conversation:



LET THEM SPEAK

Give them time and space to talk, and avoid interrupting them.



REMOVE DISTRACTIONS

Put away your phone and give them your full attention.



ACKNOWLEDGE THEIR FEELINGS

Respond with comments like 'That must have been hard' or 'Sounds like it was exciting'.



GIVE PHYSICAL CUES

Nodding, making eye contact and facing the person you're talking with show that you're really listening.



PLAN FOR LATER

Ask them if they'd like to chat about the issue again, and lock it in.

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