

Tips for Communicating with your Parents

A Teenager's Survival Guide



Five Really Good Ideas

- 1. Begin to gain their trust and faith in you in the small things.**
- 2. Try to open up to your parents about the things going on in your life.**
- 3. Ask your parents for advice.**
- 4. Be honest with your parents.**
- 5. Remember that your parents have your best interest in mind.**

Gain Their Trust



- Be a person of your word on things like coming home when you say you will or calling when you say you will
- Follow through on chores.
- These kinds of things helps parents trust you more and want to give you more freedom

Open Up

- Tell them about the things going on in your life, not necessarily the gory details, but who your friends are and what kinds of things you are doing when you “hang out”
- They will feel connected to you and your relationship will be amazingly better



Get Advice



- Your parents really do know a lot more than you think they do
- Ask them for advice
- Believe it or not, they have probably experienced some of the same things you are experiencing right now

Be Honest

- Lying is the number one way to shut down communication
- If necessary, say “I don’t want to lie to you so it would be better if we didn’t talk about this right now



They love you and have your best interests in mind



- Most parents are not out to get you
- They love you and want what is best for you
- While you are living under their roof, you have to follow their rules
- Tell them you love them **EVERY DAY!** One day you will lose your parents and you will want to have had a positive relationship with them.