
Talking to Teens

Talking to a Teen Who Doesn't Want to Talk to You



Adolescence is a time of emotional and physical upheaval. Sometimes communication between adults and adolescents leans towards teens being reprimanded or instructed. To establish an atmosphere of trust, understanding, and flexibility, try this:

- Acknowledge and legitimize a teenager's feelings.
- Try not to take adolescent mood swings and silences personally.
- As much as you are tempted, don't pump a teenager for information.
- Resist the temptation to control. Instead, empower!
- Try not to lecture or criticize.
- Pay attention and listen when to talk.
- Encourage teens to develop relationships with adults who love them and care about their growth, and try not to be hurt when they do.
- Be patient.
- Negotiate, negotiate, negotiate.
- Keep a profound and serene good sense of humor at all times.