

# Connecting With Your Teen



- » Create time, without distractions, for a conversation: Ensure that the TV is off and cellphones are put away.
- » Listen instead of lecturing; take turns sharing your perspectives.
- » Ask your teen for help in understanding their experiences.
- » Ask for your teen's opinions.
- » Withhold judgment; give your teen a safe space to express their emotions and feelings.
- » Be open to what they have to say, even if you disagree .
- » Pay attention to your teen's reactions.
- » If you're concerned about your teen's health or safety, let them know. Explain that you are monitoring them because you care about them.
- » Encourage your teen to develop their own solutions.
- » Stay in touch with your teen and spend quality time together.
- » Connect by finding common ground and similar interests.
- » Send your teen one text a day that includes a positive statement.



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