

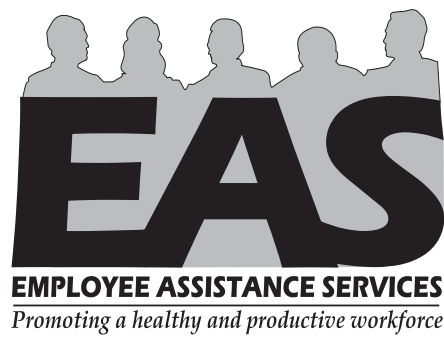
IMPROVE COMMUNICATION WITH YOUR TEEN

TEN TIPS TO FACILITATE HEALTHY COMMUNICATION IN YOUR RELATIONSHIP

1. **Communicate adult-to-adult.** Do not blame or belittle your teen
2. **Set aside time to talk with your teen when you can give your undivided attention**
3. **Expect differences of opinion**
4. **Keep an open policy on subject matter.** If your teen cannot get advice from you, he or she will look somewhere else
5. **Encourage independence**
6. **Discuss family rules;** let your teen have a voice in the issues which affect him or her
7. **Encourage positive self-esteem**
8. **Listen calmly; refrain from interrupting your teen**
9. **Avoid being judgmental**
10. **Try to set a good example by your behavior and respect for your teen**

Perhaps the best suggestion to improve communication with your teen is to recall your own adolescence. Remember, it's not the end of the world; it's just the beginning.

For more information on communicating with your teen, contact:



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