

“Quick Tips For Keeping Peace With Teens”

1. Speaking first makes things worse.

Hearing a teen out before saying something prevents the, “You don’t want to hear what I have to say, you only want to tell me what I did wrong” reaction.

2. Raised voices, means fewer choices.

When an adult reacts to a teen’s yelling in the same manner, it shuts down chances of finding out the source of problems and working with an adolescent to find ways to resolve these situations.

3. Embarrassment leads to harassment.

When you embarrass a young person, you can bet on being verbally assaulted. If a criticism needs to be made do it in private, and without making a teen feel dumb.

4. Ask and you shall accomplish a task, demand and things can get out of hand.

Putting things that you want from an adolescent as a request, rather than a demand or threat, has a better chance of getting a positive response.

5. Helping a teen fulfill a need, draws them closer to you and the deed.

When a young person has a need, for example, for recognition, and you accept or ask for their opinion, they will see you as somebody who’s worth listening to and will be more likely to work with you.

6. A compliment works like relationship cement.

Most teens are used to being told what they do wrong. Complimenting them takes their view and relationship with you to a different level.

“What, someone actually sees when I do something right,” makes this point.

7. Considering a teen’s perception, can give you a better reception.

“Wow, somebody really listens to what I have to say!” sums up this point. It clears the way for your opinion to be heard.

8. Asking a teen’s desires, will help prevent emotional fires.

When you enter a conversation with an adolescent ask what they want.

Doing so prevents incorrect assumptions from being made and avoids the comment, “How do you know what I want!” By not telling a young person how they think or feel provides them with the freedom to express what they want and gives them the knowledge that they can expect this kind of respect from you.

9. Listen and ask and accomplish a major task.

Something that came from a teen that I worked with illustrates this idea. Asking an adolescent if they want you to just listen to what they have to say or want your opinion goes a long way toward working with them. Adults often jump into a discussion with their opinion, when all that is needed is a chance for a young person to get something off of their chest.

10. It's not a teen's personality or physical description that should be prominent, it's how they act that should be dominant.

When you deal with an adolescent it's their behavior that needs to be focused on, not their looks or the kind of person they are. "You acted without thinking when you cut Mr. Brown's class," not, "You fat slob" or "You are stupid" illustrate this point.

11. Speak to, not at a teen, and they'll be more attentive to you.

No one likes to feel as if they are being put down. When having a conversation with an adolescent, speaking about their behavior rather than telling how bad or wrong they are will encourage them to listen to you, rather than shut you out.

12. Give A Teen A Chance To Explain, Chances Are Your Words Won't Be In Vain.

Hear what a teen has to say and then he/she will be more open to listening to your thoughts.

13. When A Teen Is Misbehavin' Provide Them With An Emotional Safe Haven.

When a teen is upset he/she sometimes needs to go somewhere, where they feel they won't be scolded or judged. This is often a counselor's, or social worker's office.