

IMPROVING COMMUNICATION WITH PARENTS



Time Required: 30-45 minutes

Principles:

- Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.

Objectives (Students will...):

- Develop skills to improve relationships with parents, family members, and peers.

GOAL: Students will become more aware of the communication barriers that exist between parents and teens and plan improvement strategies.

Activity Statements:

Students will read a short selection and discuss its contents and implications.

Materials:

1. Handout1 – “Parent/Teen Communication”
2. Personal Scenarios/Role Plays
3. Pen/pencil

Procedures:

1. Copy and distribute the handout.
2. Divide students into teams.
3. Have students read the handout quietly.
4. Discuss the passage using the items below.
5. Have students in each group share personal scenarios of miscommunications or poor communication with parents.
6. Have each group report out on at least one scenario. Identify the communication issue and at least one solution to improve communication.

Discussion:

1. The serious and sustained interest of parents can sometimes be interpreted by teens as “meddling.” Should parents ever meddle in their children’s lives?
2. How can you best demonstrate to an adult that you are ready for more independence?
3. What is a better situation for a teen, having parents that hardly ever set limits or having parents that are strict?
4. What can families do to improve communication?

Integrative Closing Statement:

At times everyone has problems communicating, but disagreements do not have to lead to serious breakdowns in communication.

Additional Resources:

http://kidshealth.org/teen/your_mind/families/talk_to_parents.html

<http://www.utextension.utk.edu/publications/spfiles/SP681-Y.pdf>
