

# 10 Teen Tips for Parents

1. **Listen to our stories** and try to understand before jumping to conclusions or making decisions.
2. **Spend more quality time** with us to develop a close relationship.
3. **Provide some personal space along with boundaries** -- this will take two-way communication to set up.
4. Make an effort to **know** and care about **our friends**.
5. **Hold family meetings** to discuss any new or existing rules due to changes in relationships, family members and/or partners.
6. **Know us as individuals** and set consequences based on our maturity and level of responsibility.
7. **Discuss family issues and personal matters in private** - not in front of our or your friends.
8. **Stay calm** when discussing issues of disagreement. If this requires time to separate and cool down, then do it.
9. **Remember the importance of quality time with all family members**, while caring for family members with unique needs, i.e. foster child, grandparents, special needs family members.
10. **Consider all family members** even with changing dynamics of the family.

**Chugiak High School** students created this list of positive actions for parents to help their children become successful.

