

# Talking With Your Teens So They Will Listen And Listening to Them So They Will Talk



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## PROGRAM VISION

It is our professional belief that the more effective the communication between a parent and their teen the greater the self esteem of the youth and the better the parent child relationship. It is also our belief that the greater the self esteem of the young person and the stronger their relationship with their parent, the more suicide rates will go down in the community.

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## DESIGN

The program is designed to be delivered over 2 days, as a *very* interactive schedule. Each adult participant (parent) will invite one of their teenage children (13–16 years of age), to partner with them throughout the workshop. The workshop *will be* limited to 20 participants, or 10 parent–teen teams.

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## TRAINING OBJECTIVES/OUTCOMES

The participants will be able to:

1. Develop an understanding of the key elements of a parent/teen relationship that works for both the parent and the teen.
2. Develop and/or enhance their active listening skills.
3. Understand how their communications styles may differ and why it is critical to recognizing and accepting the different styles.
4. Understand how to listen so others will talk and how to talk so others will listen. This includes communicating through silence.
5. Ensure their personal biases or past experiences do not interfere with their relationship.
6. Complete a series of parent/teen conversations that will improve their relationship.

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## TRAINING MODULES

### Module 1 – Workshop Objectives

- Why are we here and what are the expectations of the participants.
- *The Listening Covenant*: An agreement is designed by both parent and teen to continue try even when it does not always work.

### Module 2 – Importance of a Parent/Teen Relationship

- There is a lifetime of connection – how do we connect?
- What do we really know about our parent or our teen?
- Interviewing each other
  - their dreams
  - their biggest fears
  - favourite moment with them
  - their favourite movie, song and meal
- It is important they are able to identify the reason for these choices.
- What do we expect of each other?

### Module 3 – Identifying Issues

- Participants will listen to a broadcast of current events and discuss them with each other.
- What did they hear?
- How did they interpret the event?
- What did it mean to them? Is it different?

### Module 4 – Communication Skills

- Parent and Teen Filters/Blockers “Lenses Exercise”
- Active Listening
- Body Language

### Module 5 – The Echo Game

- Read – Listen – Repeat
- The Echo Challenge “*Winner Gets the Gold Bar*”

### Module 6 – The Debate Game

- An organized structured discussion/debate between parent and teen, teaching the principles of making your opinion heard and listen to the opinion of others.

### Module 7 – Expressing Ourselves

- *Speed Chatting*  
In a time limited exercise, the teens will move from table to table, from parent to parent, until they have had a conversation with each of the adult participants.
- Each teen and each parent will describe their worst day and their best day.

### Module 8 – What are the Big Issues in Their Lives/Community?

- Define what the big issues are from a teen’s perspective and from a parent’s perspective.
- The parents work in one group the teens in the other
- The results are then shared and discussed as a larger group
- How are these issues impacting their own parent-teen relationships?

### Module 9 – Relationship Trauma

- *What was the traumatic incident?*
- What is the affect on you as the parent?
- What is the affect on you as the teen?
- How is it different or is it different for the parent versus the teen?
- If so why?
- Discuss the impact it had on your relationship

## TRAINING MODULES

### Module 10 – Peer Stress/Pressure

- The secret world of the teen and/or parent – the unknown stressors
- Cumulative stress from peers: The Exercise
- The parents: are you helping or hurt, adding to, or taking away
- Advisory Board: How could your parents help to relieve the stress?

### Module 11 – Modeling

- Each participant writes down a description of the person they would most want to be like and the person they would least want to be like and why.
- They share this with their partner.

### Module 12 – Empathy Understanding the Other Person’s Perspective

- Expressing your true feelings about the situation
- Trying to understand a perspective that is different from yours

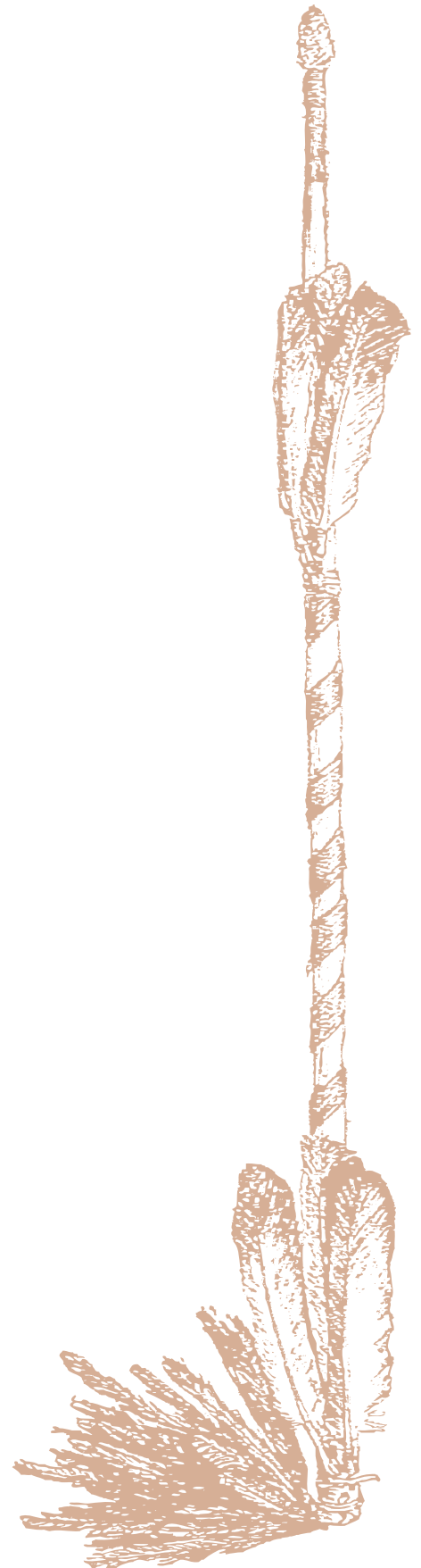
### Module 13 – When All Is Said and Done

- How do we end our discussions in a productive healthy way?
- Working to keep communication open by listening and understanding the other person’s perspective.

### Module 14 – Successful Relationships in Real Life

- What does a successful relationship as a parent and teen team look like for us moving forward?
- How will this assist us in our efforts to change our future?

*Covenant Is Signed by Parent and Teen*



## FEEDBACK ON OUR FIRST NATIONS TRAINING PROGRAMS

“ This was a great training and very needed in our community. I appreciate your humour, cultural sensitivity, and people personal approach. Blessings to you and your family ”

“ Very pleased & Yes I would recommend this session to others. Thank you for sharing your knowledge ”

“ Very interesting! This workshop allowed me to be more self aware of how I've been dealing with my feelings and how it can affect my work ethics, considering I am a positive role model to my community and I am there to support our youth & community in a counselling way. Thanks for allowing me to be part of your training. ”

“ I would recommend it to people after they understood what it is that it is about and the situations that they may encounter. Be Prepared! ”

“ Best Training Ever! ”

“ Thank you for the last 2 days. I am in no way fluffing the evaluation up. You were truly awesome in your teachings. ”

“ Your course is brilliant! Backing your lecture with real life situations puts it all in perspective. It is something I want to continue with it. ”



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