



Kings Langley
Secondary



Bedmond
Primary



Bovingdon
Primary Academy



Kings Langley
Primary



Nash Mills
Church of England
Primary



Sarratt
Church of England
Primary



St Pauls Chipperfield
Church of England
Primary

Kings Langley Partnership of Schools

Working Together to Prepare our Children for the Challenges of Tomorrow



Top Tips for Talking to Teenagers

A Guide for Parents

- ◆ Listening and talking openly to your teenager about the risks and challenges they will come up against can help reduce the risks that they face in their day-to-day life.
- ◆ Don't try to force conversation. It's a good idea to keep an open mind and accept that talking about difficult issues might be tricky for you both.
- ◆ Change the way you talk to them. If they only ever hear nagging they will stop listening. A chat before they go out or disappear to their room can make a real difference.
- ◆ Let them know that you understand the pressures teenagers face can be difficult. Remember what it was like to be a teenager. Did you fight, argue with your parents about staying out late and what you wore? It is all part of developing a separate identity.
- ◆ Give them practical ways to help them stay safe so they don't have to learn through their mistakes.
- ◆ Help them say 'no' to pressure. Help them see that they can have a mind of their own.
- ◆ Don't expect instant solutions. Let them know you are there to talk and don't try to solve everything with one conversation. Don't be afraid to ask for outside help.
- ◆ Be clear about what is and isn't allowed in your house. Help them understand what your worries are too.
- ◆ Positive messages help. Your behaviour will influence them most. Don't expect them not to drink and smoke if you drink and smoke in front of them.
- ◆ Sometimes the best way to help your teenager is to get help and support yourself. Don't be afraid to ask for it.



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Information provided within this factsheet has been developed in conjunction with material available from Family Lives. For more information visit www.familylives.org.uk or contact Student and Family Services on 01923 271744 or 01442 278793