Teens Communicating with Parents

By Shari, RN
Quotes about Communication

“To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others.” – Anthony Robbins

“The single biggest problem in communication is the illusion that it has taken place.” – George Bernard Shaw
More Quotes

- “The way we communicate with others and with ourselves ultimately determines the quality of our lives.” - Anthony Robbins

- “We have two ears and one mouth so that we can listen twice as much as we speak.” – Epictetus

- “Speak when you are angry – and you’ll make the best speech you’ll ever regret.” – Dr. Lawrence J. Peter
How to Get Along Better with Your Parents
As you get older, it's normal for teens to “butt heads” with their parents.
Communication is a Challenge

- Relationships seem to get more complicated as children mature into teenagers and then into adults.
- Teens naturally see things differently than their parents do.
- Changing hormones in the body make teens more moody.
- If you and your parents could get along better, it would be much less stressful for everyone at home.
Relationships can be better if you and your parents:

- Are honest with each other
- Avoid name-calling (even nicknames can seem disrespectful)
- Try to give any criticism in a positive way (as helpful feedback, not complaints)
- Share time with your family – It is valuable
Quotes About Teenagers

“When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years.” – Mark Twain

“The best substitute for experience is being sixteen.” – Raymond Duncan

“Teenagers complain there’s nothing to do, then stay out all night doing it.” – Bob Phillips
Quotes About Teenagers

“Adolescence is a period of rapid changes. Between the ages of 12 and 17, for example, a parent ages as much as 20 years.” – Author unknown

“You don’t have to suffer to be a poet. Adolescence is enough suffering for anyone.” – John Ciardi
Disagreements about almost everything start happening more often. They can include:

- Who you're hanging out with
- Wanting to be treated like you are older or more mature
Some of the more common things parents and teens argue about include:
Curfews

As teens start to make more friends, date, and get driver's licenses, they naturally want to stay out late with their friends. But, few teens and parents actually agree on what time they should come home!
Driving

Discussion: Give an example from your life
Grades

Discussion: Give an example from your life
Television habits

Discussion: Give an example from your life
Telephone

Technology

Discussion: Give an example from your life
Misunderstandings.

- Jumping to conclusions, poor communication, and general misunderstandings can lead to bickering and fighting with your parents.
Independence

As a teen, you probably want more independence and to be treated like an adult. This is a common disagreement among parents and teens.
Allowance
Chores

Discussion: Give an example from your life
Music

Discussion: Give an example from your life
Friends

Discussion: Give an example from your life
Privacy

- As you get older, it's natural to want your privacy. However, your parents may feel like they have a right to know exactly what is going on in your life, even if it means going through your things.
Your clothes or your hairstyle....

Discussion: Give an example from your life
Your future plans

Discussion: Give an example from your life
Discussion:

- Why do you think your parents want to tell you who to have (or not have) as a friend?
- Why do they have to know where you are when you are out?
- Why do they care how you dress or how you look?
- Do you think your parents have a right to look through your things? What if there was a safety problem?
Family Problems

Divorce, remarriage, or moving to a new state or school can also cause problems with your parents.
Pressure

You may feel like your parents have put too much pressure on you, or have expectations for you that are too high. This can also cause problems.
Conflict, arguing or fighting at home is hard for everyone. Even if you are frustrated, it is still important to get along with your parents.
Here are a few tips to help you get along with your parents:
Remember who they are.

- No matter how much you disagree with them, it is important to remember that your parents are still your parents - As that, they deserve to be respected.

- You don't have to agree with them, but respect their position as the ones who love you and provide for you.
Try and see it from their point of view.

- Instead of thinking your parents are out of date, overprotective, or irritating, try and see things from their point of view.

- For example, if you are fighting about your curfew, understand that they are not trying to keep you from having a good time.

- They are simply trying to keep you safe - unsafe situations are more likely to happen later in the night.
Talk it out.

- Instead of yelling, screaming, and storming off, try to have a civilized talk with your parents.
- This means telling your side of the story and listening to theirs.
- If you communicate calmly instead of yelling and screaming, misunderstandings are less likely.
Another way you can get along with your parents is to earn their respect.

- Get your homework done on time.
- Keep your room clean.
- Be home when they tell you to.

When your parents see you behaving responsibly, they are more likely to respect you and give you more privileges.
Your relationship with your parents is an important one.

Even when it is hard to get along, use your communication skills and listening skills.

Help keep your home life as calm and happy as possible!
Optional: Quotes About Teens

- “At fourteen, you don’t need sickness or death for tragedy.” – Jessamyn West
- “The troubles of adolescence eventually all go away – it’s just like a really long, bad cold.” – Dawn Ruelas
- “Few things are more satisfying than seeing your children have teenagers of their own.” - Doug Larson
References


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