COMMUNICATION WITH ADOLESCENTS

What can we do?
• Communication requires at least two people. Instead of always getting onto your children, **have a conversation with them**.

• Don’t attack them- communication can be affected when one person becomes defensive due to feeling they are being accused of something.

• Respect their opinion- communication with your teen can be easier if they see that you are **truly** listening to their point of view.

• Try to keep your message short and to the point- avoid dragging it out.

• Be yourself

• Take every opportunity that presents itself to talk to your children and have a conversation with them.
Emotions

• Anger (Rebellious, talking back, aggressive behaviors, yelling, frustration, crying easily, etc...)
• Sadness (Isolating, crying, losing interest in things they enjoyed)

• Giving CHOICES

Reactions

• Wait until both of you are calm before addressing a problem.
• LISTEN LISTEN LISTEN
• Don’t tell them what they should do- While talking with them, allow them to try and solve the problem by asking, “what do you think you should do?” Then act as a guide to help them solve the problem. (Instead of saying: “Why can't you wake up on time? What is wrong with you!” You could say, “Do you have any ideas on how you can wake up on time?”)
• When they are angry, give them space BUT let them know you are available if they want to talk.
PROMISE HOUSE SERVICES

• Services:

• **Transitional Living Program**- 16-24yo- skills and education to live independently and become productive adults.

• **Wesley Inn Program**- 14-20yo- guides homeless pregnant and parenting teen mothers to become healthy, independent and nurturing parents.

• **Emergency Shelter**- Infancy to 17yo- temporary sanctuary for homeless, runaway and abandoned youth. The goals of the program include stabilizing crisis situations, family reunification, encouraging stable living conditions for youth and enabling youth to make personal decisions that will lead to constructive courses of action in life.

• **Community Counseling Program**- 8-24yo- Free counseling services are available for individuals, groups and families (ages 8-24) in the community who are facing family conflict, behavioral/mental problems, engaging in at-risk behavior and are often truant from school.

• **Street Outreach Program**- Adolescents- 24yo- The outreach team is on the streets nights and weekends looking for teens up to 24 years old and builds relationships with them to provide educational information, referrals and support services.
CONTACT US

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Questions?
REFERENCES

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