
Practice @ Home

Activity: Opening Dialogue
with your Teen

Age Group: Teens



Best Use:

As a “cheat sheet” for a parent trying to open up meaningful communication with his/her teen.

Approximate Time:

10+ minutes

Advanced Preparation:

Schedule a short road trip with your teen with a fun destination such as hunting, camping, shopping, hiking, or whatever he/she would enjoy. Or you can simply do this on the way to school.

Instructions:

While driving to your destination, ask several of the following questions. It is sometimes easier for a teen to open up while you both watch the road than it is face to face.

- 1) What are some new things that our family can do together for fun?
- 2) In what way would you like for me to consider giving you more responsibility and freedom?
- 3) Who are your most important friends right now and why?
- 4) Who do you look up to right now?
- 5) What is your biggest worry?
- 6) What do you think that I think about you?
- 7) What one word best describes you?
- 8) If you could change something about your school, what would you change?
- 9) When do you feel most alive?
- 10) What would be the best day of your life? The worst day?
- 11) What are several ways I can be a better parent to you?
- 12) What is your strongest emotion?
- 13) What do you want to be remembered for?
- 14) What is your best childhood memory?

Keep in mind, the goal is to listen and learn – not to correct their impressions or “fix” anything too quickly.



Lake Highlands Baptist Church, Dallas, TX