

Get the Conversation Started....



We know that the very thought of talking to your teen about dating and relationships is likely to make even the strongest parent shrink away, so here are a few tips on talking to your teen:

1. **Talking daily with your teen** is a great first step to modeling the behavior you would like to see in your teen. Try a conversation starter like “What do you think about 7th graders dating?” or “I saw Danny the other day, he seems like a nice young man. What do you think of him?” These are open-ended questions and require more than a yes or no answer. Once you ask, **make sure your really listening.**
2. **Read through the “Increasing your Relationship Smarts” booklet** before you give it to your teen. Think about the messages you want your teen to receive, and be clear when you talk to them. Chances are, if you aren’t talking to them about it, they may start asking an unreliable source (i.e. other teens) for advice.
3. **Determine the rules and consequences** for your home when it comes to dating. Be prepared to discuss these issues with your teen and be open to their comments and suggestions as well. Youth are more likely to obey rules they feel they had a say in creating.
4. **Meet your teen where they’re at:** take them out for pizza, ask them to take you for a drive (let them drive if they have a license) so you can talk, or be awake when they come home from an evening out to make a late night breakfast just for the two of you. Your teen will want to talk at the strangest times, make sure you’re ready.
5. **It’s never too late to start talking to your teen** about these and other important issues.

Visit us on the web at www.WYOFAMS.org for more tips and ideas to connect with your teen!



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