

Active Listening with Teens

When you actively listen to children, you are showing them that what they have to say is important and valuable. When children feel like they are listened to they feel respected. Further, active listening models good communications skills for children and can help increase their language development.

Simple, yet POWERFUL

1. Listen to what teen has to say. (without interrupting or arguing!)
2. Observe their non-verbal behavior.
3. Let them know you heard them. Acknowledge how they are feeling about the situation.

Tips for listening to teenagers:

- Respect what your teen says. You do not have to agree with everything, but you should listen to them and allow them to express their point of view. Your modeling of this behavior will help them learn how to respect others that may hold different views from them.
- Respect your teen's privacy. Teenagers especially need their own space and time to learn about themselves and their opinions. Be open to them when they are willing to talk and encourage them to continue to grow.