



How to talk to your teenager

Talking to a teenager can sometimes be hard



Talking to your teenager

- Talking to a teenager can sometimes be hard.
- Some teenagers find it hard to share information.
- Teenagers' brains are changing fast.
- Changes in a teenager's brain can make it hard for them to control their feelings.
- When you talk to your teenager, they may become emotional.

Pick a good time to talk

- Try to talk to your teenager when they seem relaxed.
- If your teenager is tired after a long day at school, wait until the weekend to talk.
- Sometimes it can be easier for teenagers to talk while they are doing something else.
- Try talking with your teenager while going for a walk together or driving in the car.

Learn about your teenager

- Knowing what your teenager is going through will help you feel more connected to them.
- Are there any situations your teenager finds stressful?
- Are there any friends your teenager is having trouble with?
- Is there a subject at school your teenager finds very hard?

Talk about your own feelings

- When you share how you feel, it can help your teenager talk about their feelings.
- Your teenager can understand their own feelings better when you share yours.

Listen more than you speak

- It's okay to sit in silence until your teenager is ready to speak.
- Try not to give your teenager advice unless they ask for it.
- Try not to correct what your teenager says – just let your teenager share with you.

Show your teenager how you feel about them

- Tell your teenager that they can talk to you about anything.
- Tell your teenager you love them and will help them.

Keep trying

- It can take time to build a connection with your teenager.
- You may need to keep trying.
- Make time to do activities with your teenager and let them choose what you do together.

Ask for help if you need it

- If you need help supporting your teenager, please contact their school.
- Schools have guidance officers who can help teenagers with their learning, behaviour and mental health needs.

Last Updated: 08 December 2022