



TEENS TELL US WHAT MAKES IT SOMETIMES DIFFICULT TO TALK TO AN ADULT...

"You want to make them think you are doing fine and that you are happy, and you don't want to worry them."

"The thought that they will be disappointed or mad"

ADULTS
CAN

MESSAGE CALM.

It's incredible how hardwired teens are to protect and please us. They can see when we're stressed and don't want to burden or upset us. Show them you can handle tough conversations by responding calmly when they raise difficult issues and by finding ways to manage your own stress levels.

"They believe that their experience outweighs mine. They give advice rather than listen."

"They had different experiences, rules and social norms when they were my age."

ADULTS
CAN

LISTEN FIRST TO GAIN UNDERSTANDING.

Students tell us it's easier to talk to their parents when they feel like their parents really try to understand their point of view. They tell us they want to be heard before they are helped.

"Sometimes they judge you or compare you to themselves and forget that you are not them, you are your own person."

"They require greatness all the time."

ADULTS
CAN

DEFINE SUCCESS TOGETHER WITH YOUR TEEN.

Discuss what success means to your teenager and to you. Recognize their individual strengths and interests and know they may be different from yours.

DONATE TODAY!

Support our work getting teenagers and adults talking openly and honestly about the challenges in their lives. **Because no young person should struggle in silence.**

Experience SpeakUp!

Visit speakup.org for our calendar of events.

FOR MORE TIPS AND TAKEAWAYS, BE SURE TO FOLLOW US ON SOCIAL MEDIA.   

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