

WISE GUYS

A BETTER PATH TO MANHOOD™

How Parents Can **TALK** to Teens About Healthy Relationships

T

TEACH:

Use intentional, creative communication with your teen.

EXAMPLE:

Text, Snapchat & hugs still work.



Create Healthy Communication

ASK:

Ask questions that meet your teen's emotional level.

A



EXAMPLE:
You seem upset, how can I help?

Promote Healthy Emotions

L

LISTEN:

Hear and identify with your teen's realities and emotions.

EXAMPLE:

That argument must have worried you, tell me about it.



Focus on Healthy Attitudes

KNOW:

Help diffuse any situation by knowing the basics.

K



EXAMPLE:
Let's take a minute to breathe before we react and say things we don't mean.

Share in Healthy Responses

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