

Teen Speak for Parents

Teen Speak workshops equip parents with the necessary skills and information to empower adolescents to make healthier and safer choices and provide communication tools for overcoming arguments, increasing trust, and maintaining a strong relationship through the teen years.

Teen Speak:

- Supports parents to feel more equipped and confident when talking through challenging situations with their tweens and teens.
- Nurtures parent-teen connectedness as a protective factor to reduce youth risk.
- Meets requirements for parent engagement by providing evidence-based options that best fit their needs.



Topic 1: Adolescent Development and Risky Behaviors

Topic 2: Motivational Interviewing (MI)** Foundations & Strategies

**MI is the most effective way of communication with teens. MI is different than traditional approaches to communication in that it focuses on getting teens to talk through and explore their reasons for and against a behavior instead of lecturing.

Topic 3: Change Talk and Managing Resistance



CONTACT

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Why Teen Speak?

- **Variety:** Teen Speak offers a comprehensive (and supportive) program for everyone supporting or parenting a teen. Participants are provided with *Teen Speak book, workbook* and *handout materials* at no cost.
- **Convenience:** Teen Speak workshops are offered **in-person** and **virtually** on Zoom. Flexible days and times.
- **Relevance:** Teen Speak provides realistic scenarios and a detailed roadmap on how to tackle even the toughest conversations with ease.

Facilitators focus on leading activities and discussion during the in-person and virtual sessions to help participants translate their new knowledge and skills into everyday practice. Participants will leave feeling prepared to communicate more effectively with their teens and equipped to handle difficult discussions.

Workshop Overview

- **Audience:** Parents of tweens and teens
- **Purpose of Training:** Improve parents' capacity to communicate with their teens to build strong relationships and reduce risky behaviors.
- **Prerequisite:** Teen Speak book readings are recommended but not required prior to attending the workshops.
- **Time needed:** Four, 1 hour sessions or two, 2 hour sessions.



LINKS

<https://drjennifersalerno.com/>

<https://www.sexedva.org/teen-speak-for-parents>