



The Network for Peace through Dialogue 2009 Confronting Concerns

Ten Techniques for Talking with Teens

Over the last few years, The Leadership Institute has examined issues that teens face. These issues include sex, drugs, violence, racism, school, and poverty. An adult is sometimes the last resort teenagers come to when enduring difficulties due to the fact that adults can come off intolerant, hypercritical, and do more talking than listening. This is a problem! Teens then, will often keep their troubles to themselves and ultimately never receive a solution for the predicament. Below there are **Ten Techniques for Talking with Teens** that we hope will help result in a successful dialogue.

1. **Being Courageous:** It is important to be strong enough to approach the situation.
2. **Listening:** Listening to the person without giving feedback right away.
3. **Patience:** Be willing to accept and deal with the issues in a meaningful way.
4. **Non-Judgmental:** Not criticizing and not letting the event judge the person's character.
5. **Respect:** Showing the same consideration you would want provided to you.
6. **Honesty:** No sugarcoating or exposing yourself to having a comfortable and honest environment.
7. **Forgiveness/Understanding:** Understanding the situation and taking it for what it is
8. **Involvement:** Being active and not just standing in the background
9. **Modeling:** Setting a positive example
10. **Trust:** After resolving the issue, being able to trust the other person

QUESTIONS:

Do you think the ten techniques would help you be more affective when communicating with teens?

Which technique do you think is the most important? Why?

What is easy and/or difficult dialoging with someone of a different age?

What other places/topics can we use these techniques in order to promote peace?

What other techniques can we use to help with dialogue?

For more information

www.networkforpeace.com

(212) 426-5818