



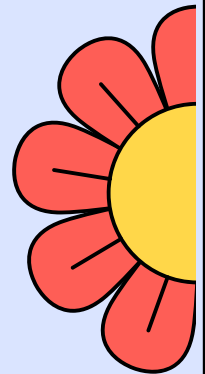
PARENTS CORNER:



Tips for talking to your teen about mental health:

1. **Be Genuine.** Teens can tell when you're nervous or anxious to have a conversation. It's important to be direct "I know this is a hard time for all of us, and I want to make sure I can support you."
2. **Share observations and ask open-ended questions.** If you've noticed changes in your teens behavior that worry you, a question to start off the conversation can look like "I noticed you're doing/not doing [behavior] lately, and I wonder if it's related to stress, anxiety, depression, or something else?"
3. **Take your teen seriously.** You may not be able to relate to the struggle your teen is having, but it matters to them. Do your best to listen and consider what they are saying.
4. **Use a simple rating scale.** It can be difficult for teens to put their feelings into words, but starting a simple check in can help.
5. **Keep the conversation going.** Don't worry about having all the answers right away. This is an opportunity to learn how to navigate together

<https://jedfoundation.org/resource/tips-for-talking-to-your-teen-about-their-mental-health/>



How to spend quality time with your teen:

- **Show a sincere interest:** Physically being there shows how important they are to you more than words can.
- **Make it enjoyable and keep it simple:** For teenagers having their free time is valuable, it's important to respect their comfort zones as you are navigating this bonding experience.
- **Have meaningful conversations:** Among the chaos of daily conversations it's important to foster a deeper connection.
- **Know their priorities:** Empathy is key; revisiting your own teenage years can help you understand their viewpoint.
- **Understand the unspoken:** Teens often struggle to express their needs. Recognizing cues beyond their words is crucial.

<https://www.championyourparenting.com/quality-time-with-your-teenager/>

