



ACTIVITY

Encouraging Teen Independence

After watching the ***Encouraging Teen Independence*** video and reading the information on the website, you may want to try one or more of the following activities.

Feel free to print this PDF and write on it, type notes on your phone, or just take a few moments to quietly reflect on the questions.

Plan times to connect and communicate with your teen every week.

- ▶ Find times to get together. What activities do you enjoy doing together?
 - ▷ *Are you already going on walks around the neighborhood or eating dinner together? Would those be good times to connect, have fun, and talk to each other?*
- ▶ Be specific and realistic. With your teen, decide when, where, and how often you will do something together. Consider your other commitments and plan your time together on days when you have more free time.
 - ▷ *For example, don't try to get together on days with sports or band practices or other events. Things will always come up, but you can set yourself up for success by avoiding busy spots on your calendars.*



Section Continued...

- ▶ How can you make sure everyone feels heard?
 - ▷ *Does it make sense to have certain agreements for these get-togethers, such as no phones, computers, or other distractions?*
- ▶ Are there decisions that you can make together that would give your teen a chance to express their opinions?



Help your teen explore interests and activities outside the home.

- What classes or subjects does your teen enjoy at school?
- Are there any interests or hobbies that get your teen talking and excited?
- Is there a new skill, exercise, or activity your teen would like to try?
- Would your teen like to try a popular hobby or activity with their friends?
 - *For example, would your teen be interested in playing music, joining a drama club, or making art? Maybe you could offer to take them to watch a friend's show.*


