Parent-Teen Activity Series
Teen Life and Parent Life Seminars

If you want to know something, you go to an expert, right? So if you want to know something about your teen or parent, this is the way to go. Have a question-answer seminar where you learn about and discuss yourselves – what better topics of conversation could there be?!

♦ Topics can address interests in movies, music, friends, subjects in school, subjects at work, and places you like to go.

♦ Share thoughts on philosophy, politics, religion, gun laws, poverty, parenting, drugs, crime, and anything else you wonder about.

♦ Set ground rules about how to begin and end the session(s). For example, (1) everyone agrees to be nonjudgmental, (2) a person can pass on questions s/he does not want to answer, (3) understanding each other’s views is the most important thing.

♦ You can either do one seminar per person, or you can do one seminar and cover everybody at once.

♦ Make sure that you share experiences that you’ve had with friends and family that the other person doesn’t already know about.

How will this activity promote the parent-teen relationship?

This is a great way to learn more about your teen or parent. It provides an open forum for discussions and a way for you to find out what you have in common.

You can build trust with your parent or teen by being open and honest. If you are open and honest, and take a risk, he/she will be more likely to do the same.

Take advantage of the time you have left because adulthood is right around the corner and your relationship will change; use this time to build a strong relationship that will carry long into the future.

Points to consider . . .

• Have family members write questions on cards that they would like each other to discuss during the seminar.
• Make the seminar part of dinner time or when traveling by car.
• Really LISTEN to the other person and step outside of your child/parent role.
• Don’t express disgust or anger toward any of the other person’s interests or ideas.
• BE CONSTRUCTIVE with any comments and BE RESPECTFUL of the other person’s feelings if he/she is willing to risk opening up to you.