Parent-Teen Activity Series
Take Your Parent To School or Your Teen To Work

This is a way for you to get to see the world where your parent or teen spends so much of his/her time.

♦ Parent: introduce your teen to your office and co-workers. Show your teen where you work and all the various tasks you perform. Let your teen see and help with some jobs so s/he will get a real feel for what you do in your day-to-day activities. Take your teen to lunch to discuss questions that s/he may have about your job.

♦ Let your teen get to know the names of the people you work with in case of an emergency and your teen needs to get in touch with you right away. Make sure your teen has all of your contact information at work so he/she can reach you whenever necessary.

♦ Teen: if you are truly brave, take your parent to school when school is in session. Show your parents around your classrooms, where your locker is, your gym, cafeteria, where you buy snacks and spend your lunch break. Share your books with your parent so s/he will know what you are learning about and maybe you can teach your parent a few things!

♦ Introduce your parent to your teachers, coaches, counselors, and friends. Have your parent eat lunch with you one day to get him/her to experience modern school lunches.

How will this activity promote the parent-teen relationship?

This is a way to share with each other what you do on a day-to-day basis in your job or at school, and will make it easier to be more understanding.

You can share commonalities in job and school responsibilities. Maybe the parent has a co-worker who acts like one of the teen’s teachers; this could be a topic of conversation.

This is a way for parent and teen to be more involved in each other’s lives. This may help with sharing feelings and experiences more openly.

Keep this in mind . . .

• Get permission for your teen or parent to visit your job or school site.
• If there are safety/security issues or concerns about disruption, make sure you handle them with the proper authorities in advance.
• Keep an open mind about your visit and try to ask questions that show your interest.