

Parent/Teen Activities

Verbalize Your Value

Value Trading (5 min)

Every day share with your teen one thing you like about yourself and one thing you like/value about them and ask them to do the same.

You can do this in the car, while you're getting breakfast, saying goodnight, or texting.

Snap chat yourself or message Value statements on Facebook or Instagram

Act on your Value

Touch Points

Choose a time **daily** that you can physically touch your teen. Your physical touch is irreplaceable to them. PRACTICE MAKES PERFECT

(Tousle hair, slap on the back, high 5, shoulder/arm/hand squeeze, hug, wrestling, giving a manicure, back rub)

5 minute 'presents'/presence (5 min.)

No expectations but just for 5 min. every day be present with your teen. Whether they are playing/watching something/reading. Just be with them. If they want to talk, respond, but if not just be with them. They are worth it and so are you. That gift of your presence is invaluable.

Listen to show Value & Understand to Affirm Value

3 Check (20 min.)

Plan a 20 min section of time to sit down with your child and listen to understand these three areas

1. How are you doing with you? : What are you thinking about yourself/saying about yourself/posting about yourself?
How are you doing physically? (Just because you don't talk about sexuality doesn't mean they aren't going through things and thinking things)
2. How are you doing with me? : What are you thinking about me? Are there things that you want to share with me? Anything you want me to know? Is there something that has been bugging you about me?)
3. How are you doing with others? : What are you hearing/thinking/experiencing/saying when it comes to teachers/siblings/friends?

Energize because of your Value

Take one month and schedule an energizing activity as a family. Put your own personal energizing activities on the calendar and ask your teen to do the same and keep each other accountable because you are all worth it!