

Top Ten Teen Tips



You Can't Change the Direction of the Wind but You can Adjust your Sail!



Teen engagement at work for you!

Connect By Caring

Don't underestimate the power of connecting with a teenager. Teens who feel respected and supported are more willing to listen.

- 1) Ask about their day!
- 2) Modify engagement to adjust to their attitude.
- 3) Building a relationship is significant factor in engaging teens.

Teen Centered Conversation

Teenagers learn new ways of thinking and relating. They are constantly evaluating and making sense of the world with themselves at the center

You Become the Student

Teenagers enjoy showing off what they know. Engage teens by providing opportunities for them to teach.

Engage through Culture

Pop culture is a pervasive force in the lives of teenagers. It is through their identification with various music, fashion, celebrities and other cultural icons that adolescents explore their identity. Culture is also like relational currency for teenage peer groups.

Interact with Action

Involving teens in something active offers a greater chance at achieving higher levels of engagement.

- Go for A walk
- Take a Drive
- Play a sport
- Play a game
- Bake a treat

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- Teen Centered Conversation
- You become the student
- Engage through Culture
- Interact with Action
- Show case their talents
- Use Choice Theory
- Set A challenge
- Remember Technology is not a subject
- Be yourself

Teen Performance

Invite teens to perform an expression or explanation of what ever the topic might be. Use role play to act out solutions to behavior challenges.

Watching and performing with Peers is always an enjoyable activity.

Choice as an Option

Provide a range of options and allow teens to choose rather than telling teens what to do. Empowering teens with the power to choose will add to their level of commitment in the decision making.

Set a Challenge

Give teens an opportunity to compete or earn additional privileges . Help them plan how they will achieve the desired goal.



Technology is Not a Subject

Technology is an ingrained part of life for the 21st Century teenager. Integrating technology into communication and creating learning opportunities is one of the highest levels of engagement.

Be Your Self

Engaging with teens requires that you are genuine and sincere. Use humor to help build rapport.



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Can Adjust Your Sail” William Glaser



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