

# Communication Tips

## Talking to your teenager about their future:

### LISTEN

Stay quiet while your child speaks. Be aware of your body language, it can be more powerful than the words you speak.

Be mindful of your bias - this is your child's life, not yours.

### QUESTION

Ask open ended questions:

What is your passion?

What do you enjoy doing?

What is important to you?

What do your friends say would be a good career for you?

Where do you see yourself when you are 25, 35 etc?

How can you get there?

### GIVE TIME

Allow your teenager time to think about their answers.

They may need a few days to reflect and consider.

Give them the choice to come back to you at a later stage.

### HONESTY

Be honest about the support you can provide. For example, if your teenager wants to go away for college, can you afford the financial support?

### STRENGTHS

Reflect to your teenager the strengths you see in them.

Share your opinion about the career/study you think would suit them.

### CAUTION

Be cautious when pointing out potential barriers to your teenager.

Support your teenager to identify what they need to do to achieve their goal. This could be studying certain subjects or achieving certain grades

