



Building Connection

I REALLY LIKE BEING A PART OF YOUR WORLD!

Communicate with their tools

Ask for a lesson in favorite social media filters

“Like” some of their social media posts

Create a dance reel together

*MAKE SURE ALL ACTIVITIES ARE IN LINE WITH YOUR FAMILY’S DIGITAL GUIDELINES

Create a family group text

Use GIFs, memes, & emojis

Share funny stories

Prioritize family dinner

Everyone shares their “daily download”

Use Chosen’s table topics to get started

Don’t explore heavy issues

BE PLAYFUL AND PRESENT:

“That was so much fun! Thanks for teaching me to dance like you do!”



Caregiver Apology

EVEN PARENTS BLOW IT!

Take ownership

Respond quickly

Face your teen eye-to-eye

Clearly state your teen was not at fault

Ask for forgiveness

Display humility

Model how to make things right

Repair the connection

Be transparent

Validate your teen’s feelings

OFFER HOPE:

I’m sorry I was impatient. All I want is for you to learn how to manage your feelings in ways that work and let others know how amazing you are!”



Tough Talks

I KNOW THIS IS AN AWKWARD SUBJECT...

Remove barriers

Get in the car (with seatbelts!)
Parent and teen face forward
No direct eye-contact

Be curious

Ask open-ended questions
Listen well

Embrace transparency

Answer questions honestly
Share your own experiences

GIVE REASSURANCE:

*"I'm so glad you shared that
with me even if it felt super hard.
We'll figure this out together."*



Concerns About Safety

IT'S MY JOB TO HELP KEEP YOU SAFE.

Speak directly

Interact on the same physical level
Use eye-to-eye contact
Don't lecture

Be a good listener

Don't jump to conclusions
Praise your teen for sharing feelings

Establish clear guidelines

Identify concerns and warnings signs
Talk about coping skills
List resources and supports

BE SUPPORTIVE:

"I'm here to help you no matter what."