

## Positive Communication

Communicate with your child as often as possible

Meet your student where they are

Eliminate distractions

Maintain connection

Validate

Admit not knowing

## Barriers to effective communication

Lecturing, interrupting, criticizing, past issues coming up, guilt, use of threats, denying child's feelings

Start effective communication young  
Create opportunities where you can talk  
Use effective communication techniques  
Pay attention to their non-verbal behavior  
Sandwich technique  
Ask Open-ended Questions  
Help problem solve instead of giving advice

## Types of Communication

Passive Communication

Aggressive Communication

Passive-Aggressive Communication

Assertive Communication

## Sample Responses

"I'd like to hear about it."

"Tell me more about that."

"Shoot. I'm listening."

"I understand."

"What do you think about ..."

"Would you like to talk about it?"

"Explain that to me."



# "EVERYTHING IS FINE"

COMMUNICATION WITH TEENS

IRVINE UNIFIED  
SCHOOL DISTRICT

Quick Guide