



# Parent Forum

How to have conversations with teenagers

# How to have conversations with teenagers

We want to:

- give you information about the main causes of miscommunication between teenagers and parents
- explain what we do in school to support students who are struggling to communicate with their family
- provide strategies for parents to use to help reduce conflict and encourage positive conversations
- Give you communication tools and listening skills to help de-escalate conversations
- signpost you to further sources of advice and guidance.



# Parenting?

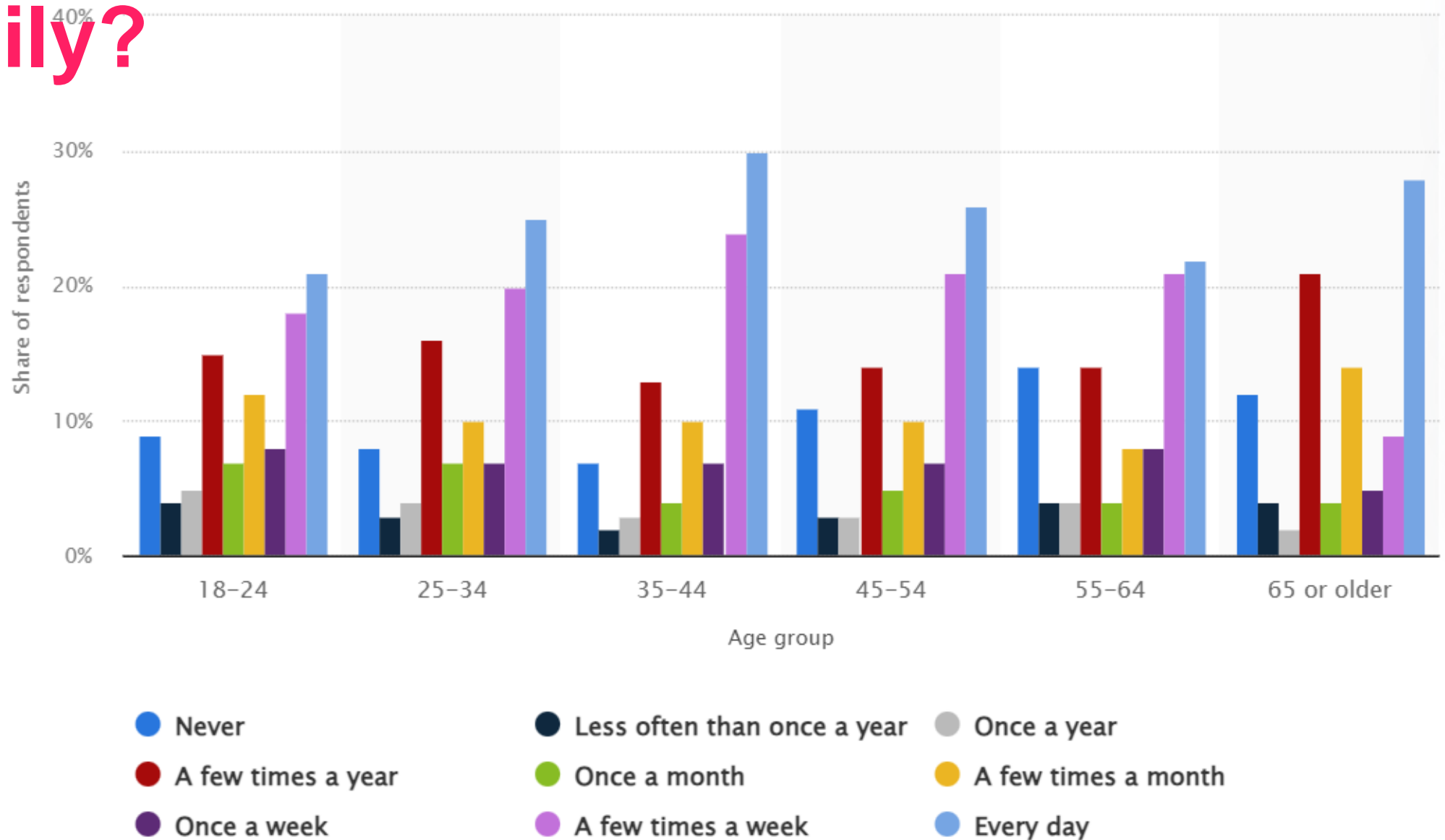
**BEING A  
PARENT IS LIKE  
FOLDING A  
FITTED SHEET,  
NO ONE  
REALLY KNOWS  
HOW.**

# Parenting Statistic Post Covid



- 82% of UK parents had demonstrated at least one of the warning signs of parental burnout as a result of the pandemic
- Nearly half have struggled with anxiety - with 52% of women saying this had been a factor during the pandemic compared to 37% of men
- The long-term impact of the pandemic on their child's education is what worries most parents - with their child's mental health also a huge concern
- Action for Children's parenting advisers fear anxiety over job security, rising living costs and impact of Universal Credit cuts will continue to compound the pressure on parents

# How often do you eat together as a family?





# RESPONSIVENESS

← LOW / HIGH →

## DEMANDINGNESS



LOW / HIGH



### AUTHORITARIAN

demands blind obedience  
punitive  
emotionally cold  
high expectations

### AUTHORITATIVE

clear consistent boundaries  
open communication  
nurturing & affectionate  
high expectations

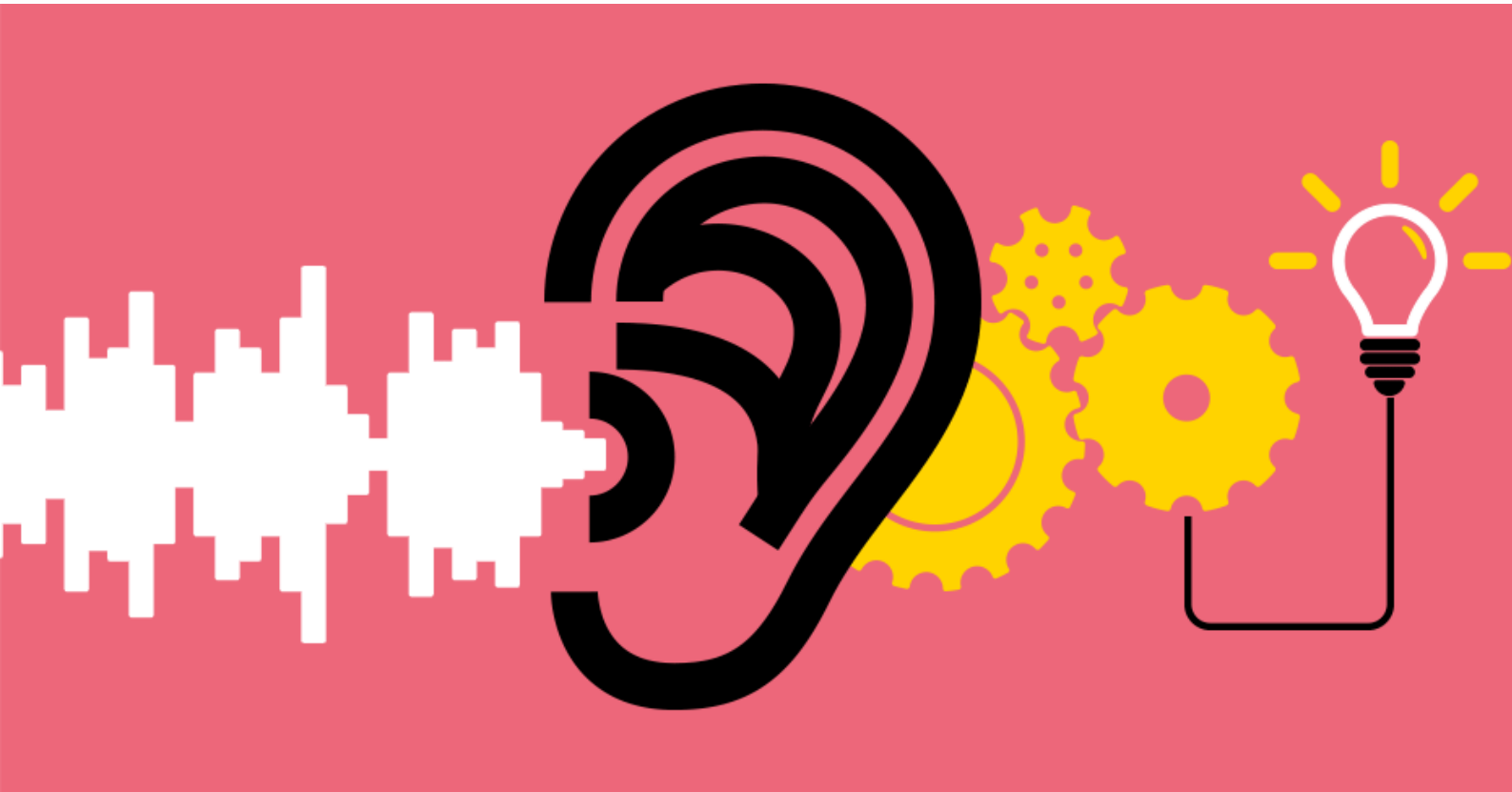
### UNINVOLVED

Inconsistent or low expectations  
absent, little interaction  
uninterested  
emotionally detached

### PERMISSIVE

low expectations, lenient  
few boundaries  
acts like a child's best friend  
avoids confrontations

# How to encourage teenagers to listen



**What to avoid when giving instructions:**

- **Giving too many instructions in one go**
- **Expecting your child to be able to do things that are too hard for them**
- **Telling children what to do by asking them a question**

# Anger

- Stay calm when it happens
- Recognise and explore anger before it escalates
- Teach your child to anticipate and regulate their angry feelings
- Role model how to manage anger



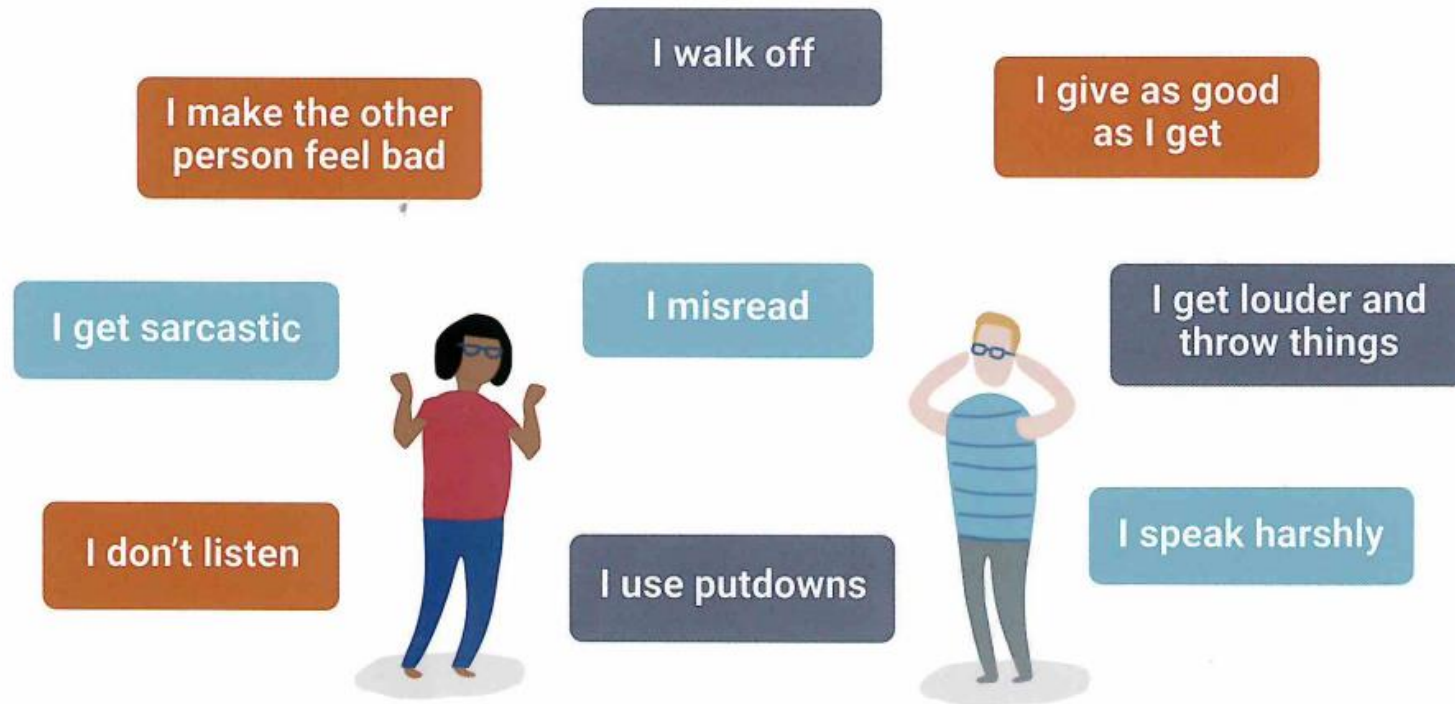


# Getting on Better (2022)

## Conflict styles



➡ Things that people commonly do during an argument.



➡ When you can recognise these, you can change the way your arguments play out. Flip the card to find out how.

# Getting on Better (2022)

Arguments are like fire



**The LOGS**



**What issues do you argue about most?**



**The MATCH**



**What usually starts an argument?**



**The FUEL**



**What makes it worse?  
Are you fuelling the fire?**

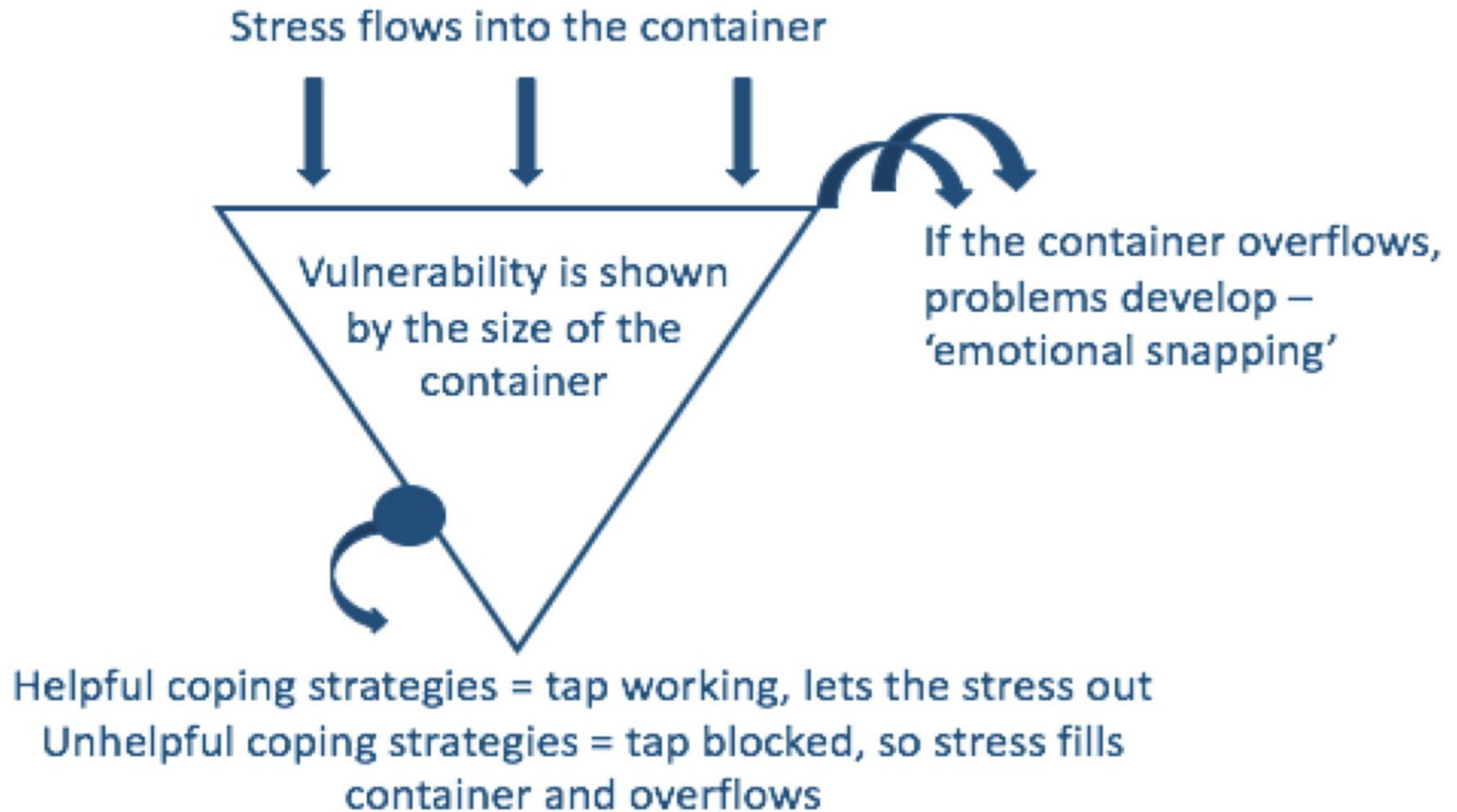


**The WATER**



**What helps calm things down?**

# Stress Container



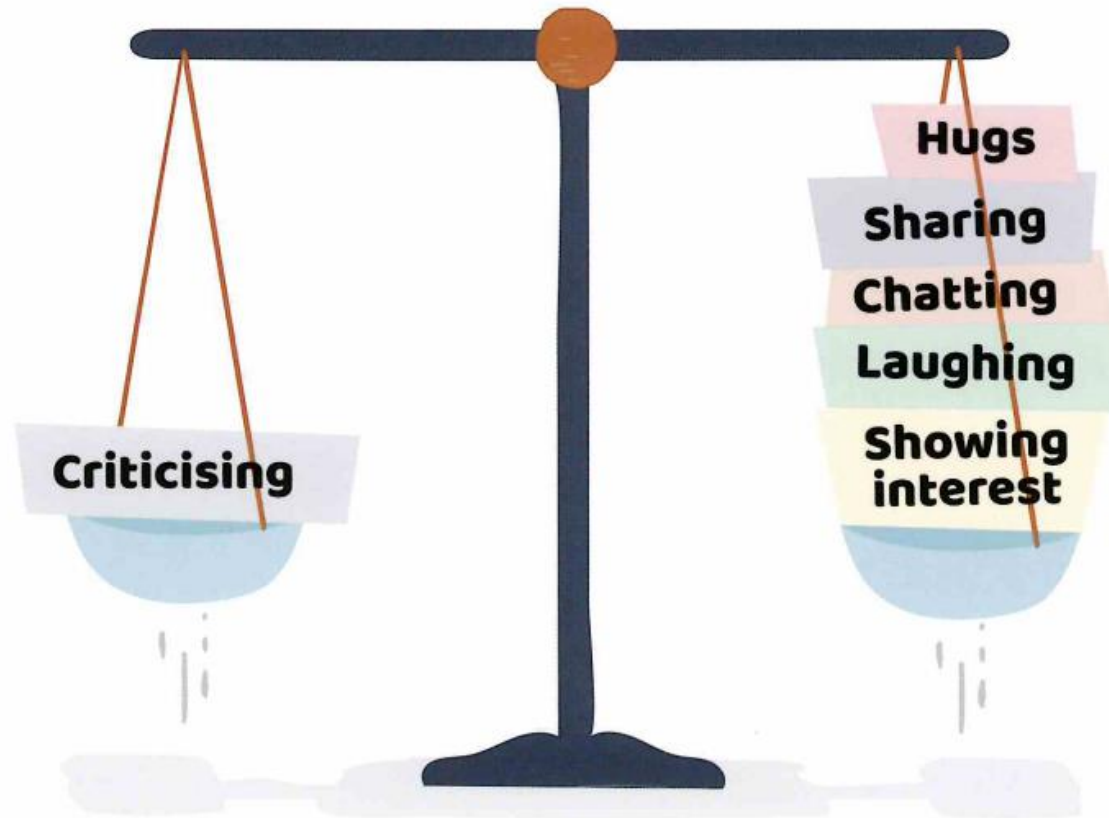
# Getting on Better (2022)

The magic ratio



➡ How many positive moments does it take to balance each negative moment?

➡ Flip the card to find out.





# Navigating friendships

- Stop and listen before stepping in.
- Reassure them that it's natural for friends to fall out sometimes.
- Help your child move past the anger and hurt
- Help them grow confidence in their friendship skills



# Co-parenting

- Acknowledge your feelings about the separation and find ways to look after yourself
- Work as a team with your co-parent to manage the details of parenting decisions
- Think about your children's happiness, stability, and future well-being.



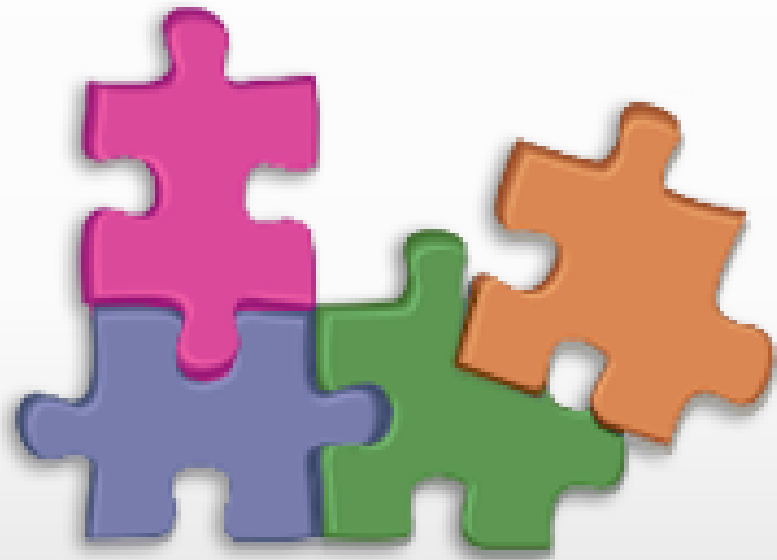


# Strategies for positive discussions with your teenager

- What type of day are you having? Pink? Yellow? Black?
- Pick your moment – during a favourite activity or a car journey
- Share something about your day (model the behaviour/ conversation you want to have).



# Partial Agreement and when/then



When



Then



# Devices

- Time limits
- Rules around charging
- Monitoring
- Restrictions
- Confiscation



# Compromise

## RULES

- 1.
- 2.
- 3.
- 4.
- 5.





# Privacy and Trust

- Space to develop their interests
- Respect for modesty
- Privacy can give your child confidence
- Fewer conflicts
- Balance privacy with supervision
- Finding the Right Balance – you don't need to know everything.
- Earning Privacy Through Responsibility
- When to invade privacy?
- How to Respond to Red Flags?  
Communication is the key



# What can we do as a school?

ACT

- Parent Forums
- All staff know what to do if a student is struggling and will notify the safeguarding/ Phase team
- Meetings with parents
- External support and referrals.
- School nurse/ counselling service/ ELSA





## Mental health support for parents and carers

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

What is child abuse? Keeping children safe Support us About us Events

## Support for parents

Parenting can be rewarding, but it can also be challenging. We've got parenting tips for all stages of your child's life, as well as advice on how to deal with difficult situations.

- <https://oneslough.org.uk/get-support/>

If you need to talk, we're here to listen. Call us free on 0808 800 2222.

See more

Family Lives support chatbot  
How can we help?  
Click here to chat to us

YOUNGmINDS  
fighting for young people's mental health

Mental health support Support us Training and resource

Home > I am a parent > Parents Helpline and Webchat



# CONTACT US

[Safeguarding@lgs.slough.sch.uk](mailto:Safeguarding@lgs.slough.sch.uk)

# Strategies

- Try and eat together as a family at least three times a week
- Talk to your children about their day
- Keep calm and take a break if you need to
- Set rules around technology
- Download parent app – jamf app
- Model the communication you want to see from your teenagers
- 5 to 1 rule for positive and negative moments
- Use the strategy: When/then or partial agreement
- Notice the triggers
- Agree rules and consequences
- Agree levels of privacy and trust
- Seek help if needed.



**BEING A  
PARENT IS LIKE  
FOLDING A  
FITTED SHEET,  
NO ONE  
REALLY KNOWS  
HOW.**

