

How to Show Your Youth You Care!!!

This handout is to help remind you of the ways you've shown love and appreciation to your youth and to offer suggestions how to further build that important relationship. Your youth may be experiencing challenges associated with being a teenager and will likely be looking to you for both encouragement and guidance. It can be confusing or overwhelming for parents to define how "to best" facilitate their youth's growth while building a strong relationship. This is a guide filled with some tangible tips on how to improve or maintain the connection with your youth, but also offers room to come up with your own ideas.

Learning and Teaching

It is important for you and your youth's personal growth to understand that everyone has something to learn, and something to teach others. It will increase your youth's confidence to have them be the "expert" and it will help you be aware of your youth's individual strengths. It may strengthen the bond between you and your youth to teach them about your own personal interests, not just your parental role.

Although it may make you feel uncomfortable or vulnerable to let your youth know that you do not always have the answers, it encourages them to help you learn, understand and better communicate.

Consider These...

- Ask your youth to teach you to participate in their hobbies such as hackysack, text-messaging, or video games. Be open to their definition of "fun".
- Teach your youth about one of your passions such as classic cars, guitar, or rugby.
- Play them your favorite tape or CD from your youth and show them how you used to dance. Get them to do the same about their current music and moves.
- Attend a learning event together such as a music festival, a cultural event or cooking class.
- Be curious about your youth by asking "what if..." questions, such as "what would you do if you won the lottery?"



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