

## DISCUSSION GUIDE

### *Active Parenting of Teens Video 2: Winning Cooperation*

#### The Purpose of this Video

This “Video Library” version of the award-winning Active Parenting of Teens group discussion program is designed for parents to view either on their own or in a facilitator-led group. The following questions can be used to assist in facilitating group discussion. Most of the questions are designed to aid parents in applying the information in the video to their own lives. Ask as many questions as time allows, and feel free to modify these questions to best suit your audience.

Experience has shown that parents who read the accompanying *Active Parenting of Teens (3rd Edition) Parent’s Guide* will best be able to utilize the skills presented in the video.\* However, when this is not possible, passing out the enclosed review brochures will help. (Permission is granted to photocopy the brochures and this Discussion Guide.)

#### Leading a Group Discussion

##### Introduction:

Introduce the video by asking a few questions, such as:

- Who has had any success using ideas from last week’s video? (Encourage sharing, focusing on the positive.)
- The video we will see today is about winning cooperation with our teens. Why do you think it’s important for teens to learn how to cooperate with others?
- Who remembers having an open line of communication with your own parents?
- What were some of the things your parents did to either block communication with you or to open it up?

##### Video and Discussion:

Play the video and follow with questions such as these:

1. What did you learn or relearn from this video?
2. What did you learn about how to determine who owns a problem?
3. We saw some examples of communication blocks in a humorous vignette in which the parents build a wall between themselves and their daughter. We all have our pet blocks. What are some communication blocks that you tend to use with your own kids?
4. When you want to share a problem with a friend, what are the qualities that you look for that make a good listener and helper?
5. Let’s review some of the five steps of the “Active Communication” process. What does it mean to “listen actively?”
6. Step two is to “listen for feelings.” Why is that important?
7. What does it mean to help our teens “look for alternatives and evaluate consequences”?
8. The forth step is to “offer encouragement.” What are some ways to do this?
8. And finally, why is it important to do step five and “follow-up later”
10. The Family Enrichment Activity for this video is to write your teen a letter of encouragement. Why is this such a powerful way to encourage your teens?

##### Closing:

How many of you are willing to write your teen a letter of encouragement this week? Great, I’ll look forward to hearing about how it went next time we meet, when we’ll tackle video 3, “Responsibility and Discipline.” We’ll be learning positive discipline techniques and other ways to help you resolve problems and increase your teens’ responsibility.

\* *Active Parenting of Teens (3rd Edition) Parent’s Guides* may be ordered by calling 800-825-0060 or at [www.ActiveParenting.com](http://www.ActiveParenting.com).