

## Active Communication, continued

This brings us to step 4 of the Active Communication process.

### 4. Offer encouragement.

One of the most powerful methods of parenting is encouragement. In Active parenting, we identify four ways parents can encourage teens: focus on their strengths, show confidence in them, stimulate their independence, and learn to value them for who they are and not just what they do.

SLIDE #30

**Offering Encouragement**

Four ways to offer encouragement to teens:

1. Focus on strengths.
2. Show confidence.
3. Stimulate independence.
4. Value who they are.

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Using these four methods, you will build your teens' courage and positive behavior. When supporting your teen in solving a problem, a little encouragement can go a long way, so find something positive about your teen to help give him a little boost in courage. It may make a real difference in how he follows through.

We'll go in-depth on the subject of how to encourage your teens in Session 4.

Finally, step 5 of Active Communication:

### 5. Follow up later

Once your teens have had a chance to try their decisions, you'll need to follow up by asking how it went. If it went well, you can say something encouraging. If it didn't go well, you can begin the active communication process again.

Let's take a look at the entire process in a video example. Remember Abby's problem that made her want to stay home from school?

As you watch, see if you can identify how her mother uses each of the five steps.



## Video #4

Active Communications

(4:36)

This is what we mean by building a cooperative relationship, one that gives the parent a chance to be positive influence on her teen without taking over.

There's one warning we should add to the video: If Abby or your teen continues to refuse to go to school, you will want to contact the school counselor or attendance officer for some help. Together you can plan a course of action that may include other resources.

Now let's talk about how Abby's mom used the five steps of active communication.



How did she handle the first step: listen actively?

- She gave Abby her full attention.
- She acknowledged what Abby was saying.
- She was sympathetic and caring.
- She seemed to be listening to Abby's tone and non-verbal cues, not just the words.



## B. Active Communication Activity

Before we go through the other four steps, I'd like you to turn to page 66 in your *Parent's Guide*. You'll find a copy of the dialogue between Abby and her mom from the video we just saw. Please take a few minutes to read the dialogue and mark where Abby's mom uses the four remaining steps of the Active Communication process.

Display the slide to show parents which Active Communication steps to watch for.

SLIDE #31

**Active Communication**

1. Listen actively.
2. Listen for feelings.
3. Look for alternatives/evaluate consequences.
4. Offer encouragement.
5. Follow up later.

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