

CoMMUNiCaTING WiTH PAREnTs

Copy this rating scale on **chalkboard** or **newsprint**:

Low/Disagree

High/Agree

1 2 3 4 5 6 7 8 9 10

Distribute **paper** and **pencils** and ask group members to rate themselves on the following statements:

- I communicate well with my parents.
- I talk with my parents about important issues.
- I understand my parents.
- My parents understand me.
- I'm a better listener than my parents.
- My parents know what I think and feel.

Add similar statements of your own or of group members. When done, ask group members to share their ratings. Average the ratings, arrive at an overall group rating for each statement, and discuss:

- Which ratings surprise us?
- When is communicating with parents easiest? most difficult?
- What advice about communicating with parents can we share with each other?

thE TEn CoMMaND- meNts

Invite group members to brainstorm a common list of their parents' favorite "Ten Commandments." Record these on **chalkboard** or **newsprint**. When the list is finished, ask participants to put a check by the rules of their parents that they like the least. Have them put a star by the rules that they think are reasonable and fair.

Ask:

- Why do parents set rules?
- What rules would we set if we were the parents of teenagers?
- What could be done to make our parents' rules more satisfactory to us?
- At what point should we *limit* obedience to parents?