

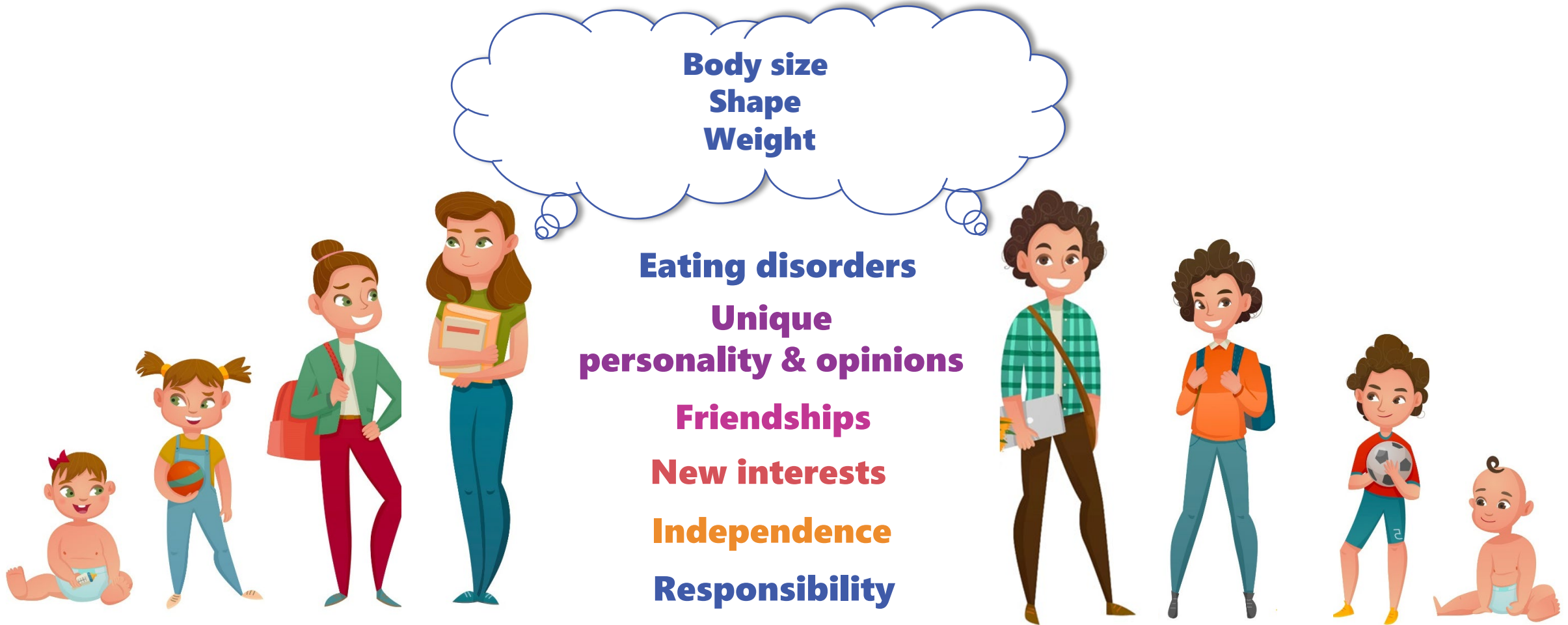
The logo for SHEHAP is displayed within a white rounded rectangle. The text 'SHEHAP' is in a bold, sans-serif font. The 'S' is blue, 'H' is purple, 'E' is pink, 'H' is orange, 'A' is yellow, and 'P' is orange. The background of the slide is a gradient from purple to pink, with white curved lines.

**Positive Family Environment**



Co-funded by the  
Erasmus+ Programme  
of the European Union

# Adolescents' developmental milestones



# Adolescents' developmental milestones



## Emotional & social changes

- ☐ Interest in romantic relationships and sexuality
- ☐ More independence from parents
- ☐ Deeper capacity for caring, sharing and developing more intimate relationships
- ☐ Spending less time with parents and more time with friends
- ☐ Feeling of sadness

## Learning & thinking interests

- ☐ Learning defined work habits
- ☐ More concern about their future school and work plans
- ☐ Justification of their own choices

**Communication**

# Communication

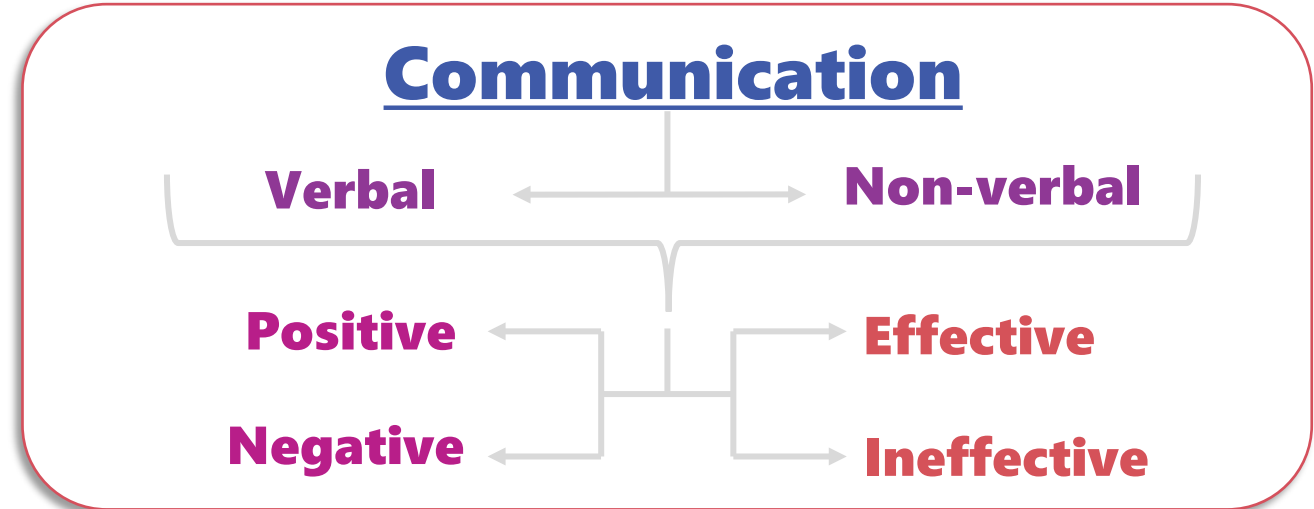


The sending of information from one person to another

**Good  
Communication**

↕

**Good Relationship**



# Good parenting & good communication



Good communication is one of the foundations of good parenting

- ☐ It is important in stressful situations
- ☐ Adolescents get more involved with peers
- ☐ Less communication with parents is normal part of establishing independence

## Adolescents still want and need to:

- ☐ Communicate with their parents
- ☐ Feel close to their parents
- ☐ Be able to turn to their parents when they have problems or when they need to talk

# Why communication is so important?

**Adolescents spend  
more time away from  
their family**



**They are not  
experienced and need  
continuing parental  
guidance**



The development and maintenance of positive and supportive family relationships to prevent:

## **Violence**

- ☐ **Child maltreatment**
- ☐ **Youth violence**
- ☐ **Intimate partner violence**

# Family connection



The family connection is needed for an adolescent because it creates a closeness in your relationship by being available and responsive to your child.

**Family connection**

**Casual**

**Planned**





# Casual connection

## In these cases:

- ☐ Stop what you're doing and focus on the moment
- ☐ Look at your child while they're talking to you
- ☐ Show interest
- ☐ Listen without interrupting, judging or correcting
- ☐ Just be there
- ☐ Keep in touch
- ☐ Create opportunities for casual connecting



The best opportunities for casual connecting are when your child starts a conversation with you

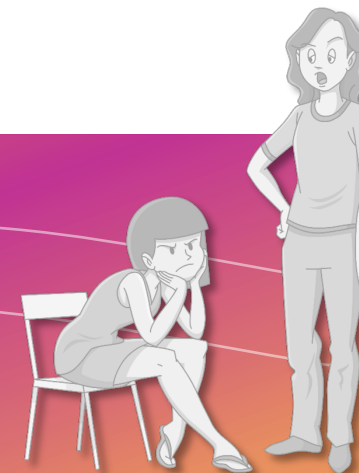
# Planned connection



**Planned connection shows your child you want to spend time with him/her**

- ☐ Schedule time together
- ☐ Let your adolescent child choose what you'll do, and follow their lead
- ☐ Concentrate on enjoying your child's company
- ☐ Be interested and accepting, rather than correcting your child or giving advice
- ☐ Keep trying and stay positive

# When your child refuses to talk...



## ☐ Casual conversations during the day

## ☐ Be kind and considerate with your child:

- ☐ Use kind vocabulary
- ☐ Give hugs
- ☐ Pat on the back
- ☐ Knock before entering a bedroom
- ☐ Cook a favorite meal
- ☐ Plan surprise fun activities



Try to do kind things, even when you don't feel like

**Trust**

# Trust

It is the cornerstone of family wellbeing, represent the care and creates the foundation for a child's identity that will later develop

"Everything  
is fine"

## Trust

The person  
that others  
would like  
them to  
become

Self-  
trustfulness

**Children's trust or  
mistrust to others is  
related to children's  
perception of  
parents':**

**Emotional**

**Personal & behavioral  
properties**



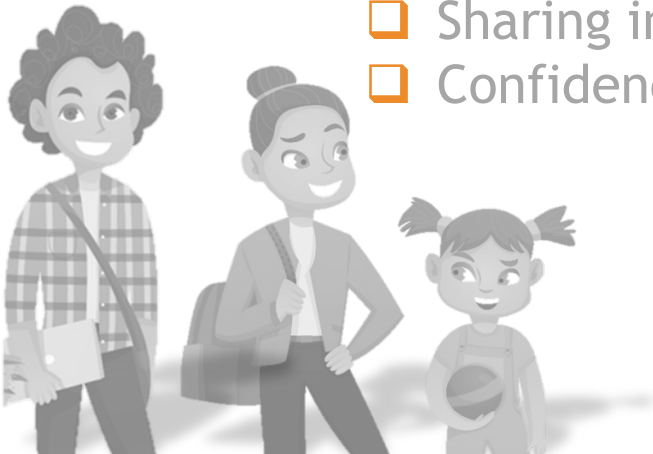
# Trust



**The childhood is the ideal opportunity to be developed the trust among family members**

**A child associate trust with:**

- ☐ Cooperation
- ☐ Games
- ☐ Sharing information
- ☐ Confidence than no undesired consequences are to follow



# Trust



## Through trust:

- ☐ Children reveal a more comprehensive and clear-cut perception of parent
- ☐ The dominance of poorly performing emotional coping strategies is positively related with the poor availability of parents
- ☐ Efficient coping strategies are positively related with unlimited availability of parents

# **Active Listening**



# Active Listening

**Need to talk too much**



**The less you talk, the more opportunities you give yourself to understand**



- ☐ Can take the pressure off
- ☐ Come up with answers and solve problems
- ☐ It makes it more likely that your child will ask you what you think
- ☐ Talking is good for thinking processes

# Active Listening

- ☐ Let your adolescent child finish their thoughts
- ☐ Let them tell the whole story
- ☐ Don't try to immediately fix the situation
- ☐ Remember that listening doesn't necessarily means agreeing with everything
- ☐ Try to understand
- ☐ You don't have to interrupt, agree or disagree, or come up with an immediate solution

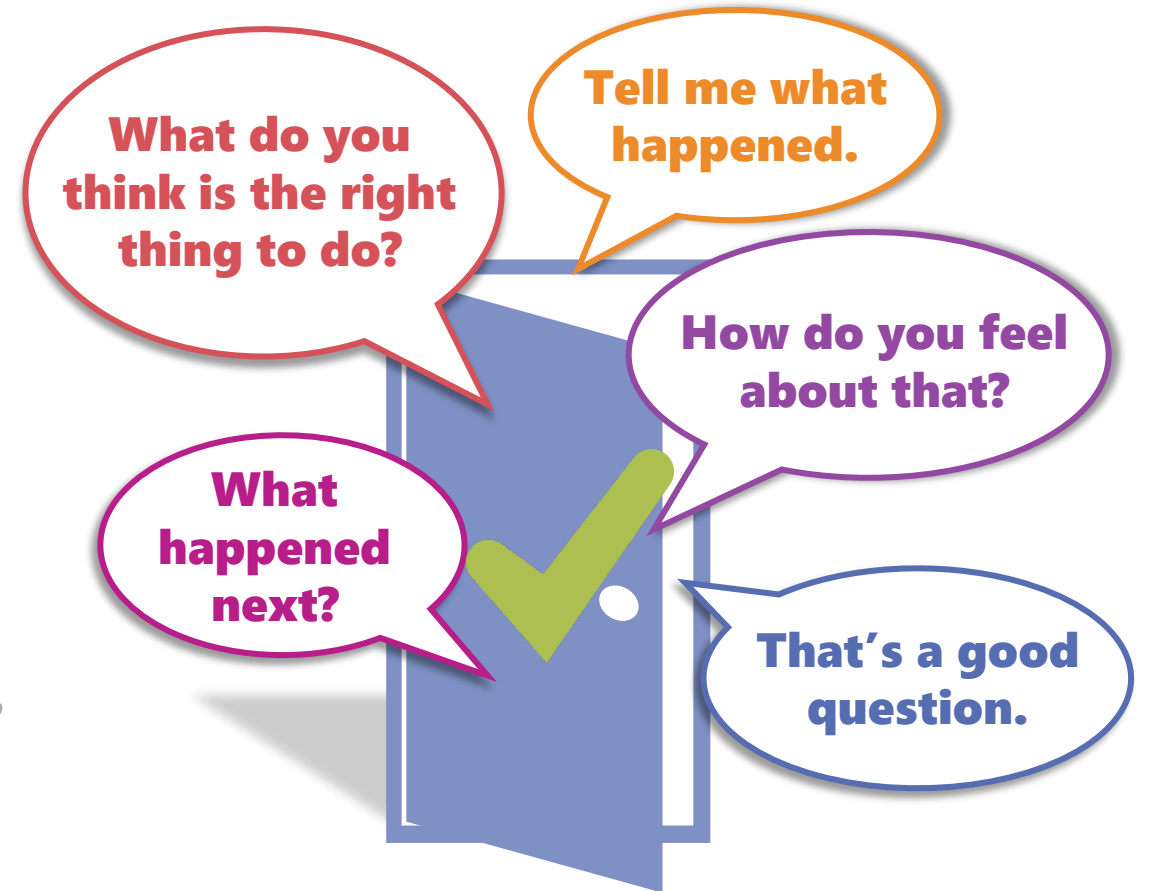
# Simple listening “rules” for active listening

- ☐ Give full attention
- ☐ Repeat from time to time



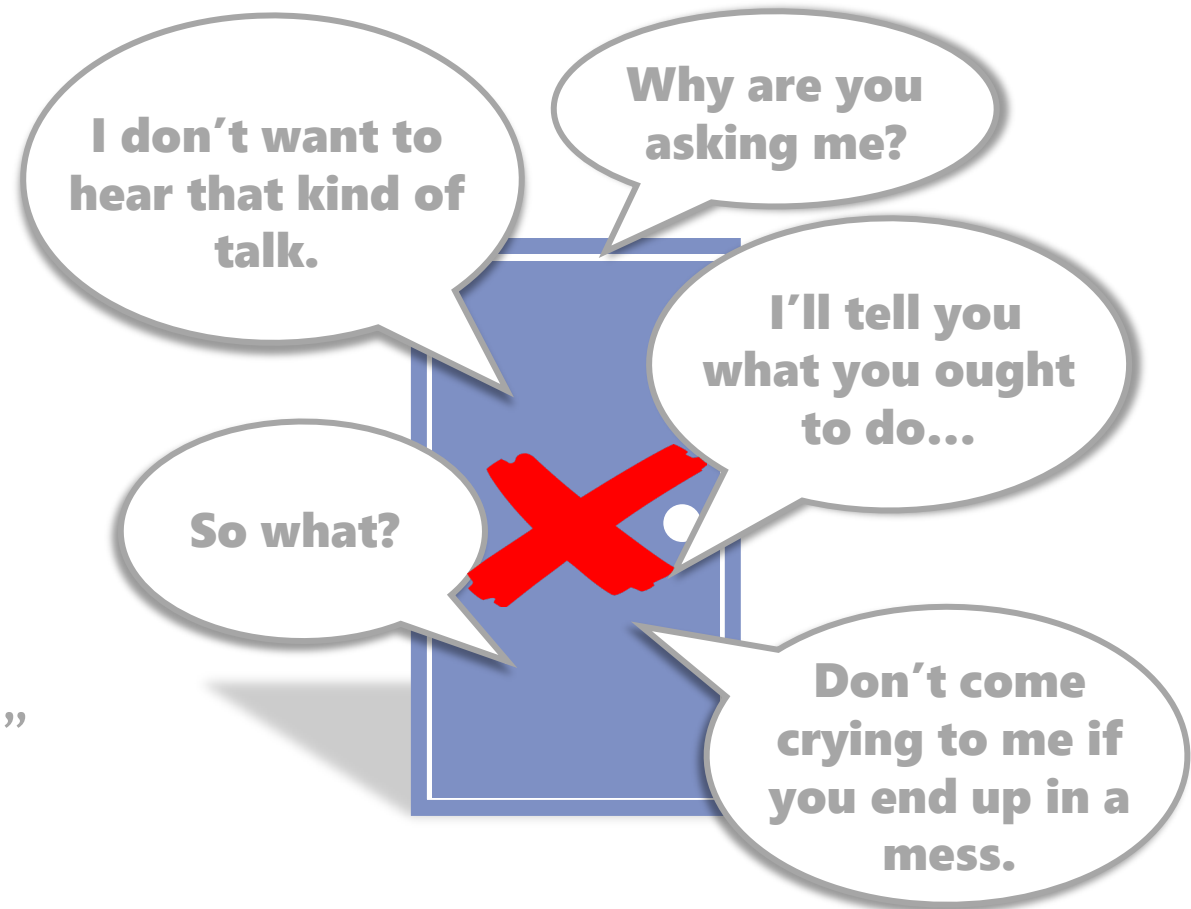
# Simple listening “rules” for active listening

- ☐ Give full attention
- ☐ Repeat from time to time
- ☐ Show interested and ask occasional questions
- ☐ Listen Non-judgmentally
- ☐ Be Understanding
- ☐ Use “Door Openers” rather than “Door Closers”



# Simple listening “rules” for active listening

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# Discussion

# Communication links

**Helpful phrases to open the lines of communication:**

**Explain that  
to me.**

**That's  
interesting.**

**What do you  
think about...**

**Is there anything  
else you'd like to talk  
about?"**

**I'm interested.**

**I'd like to hear  
about it.**

**I understand.**

**Wow!**

**Would you like  
to talk about it?**

**Shoot. I'm listening.**

**Tell me more  
about that.**



**tip**

Remember, it is ok to not be  
perfect from the first time.  
It takes time...



**SHEHAP**

# Don't avoid the difficult discussions



They include any topic that might be embarrassing, upsetting or controversial for either you or your adolescent child

## Such as:

- ☐ Sex
- ☐ Sexual orientation
- ☐ Masturbation
- ☐ Alcohol or other drugs
- ☐ Academic difficulties
- ☐ Self-harm
- ☐ Secrets
- ☐ Work and money



It is better to be prepared for when you will face difficult conversations, because you will feel more confident and comfortable



# Benefits of difficult conversations

- ❑ Addressing difficult conversations is a sign of a healthy relationship
- ❑ keep your relationship close and trusting
- ❑ Your child is more likely to discuss issues with you in the future
- ❑ Help the adolescents to manage difficult situations
- ❑ Gives the opportunity to explore their choices



Try not to avoid difficult conversations

- If you do, the child may make choices with **negative consequences**

## Example

A sexually active adolescent who doesn't ask for advice about contraception might end up with an unplanned pregnancy or a sexually transmitted infection.



# Tips to manage these kinds of conversations

- ❑ Try to stay calm
- ❑ Firstly, say that you're happy that they want to talk to you
- ❑ If you need take your time
- ❑ Listen to your child
- ❑ Tell your child how you see the situation
- ❑ Avoid being critical or judgmental, or getting emotional
- ❑ Thank your child for coming to you



# Discussion of sexual harassment



Sexual harassment is any type of sexual activity that is done against a person's will.

- ☐ There is non-violent abuse or violent sexual assault.
- ☐ The attacker may be a stranger, a close friend or a family member.



Inform your child about rape and abuse, as about 10-100 adolescents have been physically hurt by a partner.

## Helpful information to an adolescent:

- ☐ Avoid secluded places
- ☐ Trust your instincts
- ☐ Don't be afraid to be rude
- ☐ Avoid alcohol and drugs
- ☐ Go on a group or double date
- ☐ Don't keep secrets

# Other topics to discuss

**It is important to discuss with your adolescent child about...**

- ☐ The road safety
- ☐ The suicide and the warning signs
- ☐ The importance of choosing friends

**Make plans and organize together:**

- ☐ How will you know where they are
- ☐ Whether a responsible adult will be present
- ☐ When the child will call you
- ☐ Where you can find them
- ☐ What time you expect them home



# When your child won't talk...



The reluctance might have to do with age, gender or former experience.

## Example

Adolescents have had an angry or disapproving response from their parents in the past, and now they don't want to discuss controversial topics with their parents



## In these cases:

- ☐ Try to set aside some time each day to talk with your child
- ☐ Find another trusting adult

# Positive parenting techniques

- ❑ Parenting monitoring
- ❑ Learn more about parents' influence
- ❑ The role of parental influence in accepting sexual preference
- ❑ Parent-adolescent communication about sex
- ❑ Supporting healthcare provider

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***It needs time and effort to  
build a positive family  
environment and we can all  
just do it!***