

What Can You Do? to help with Cognitive

- Don't take it personally when teens discount your experience. Try to empathize with and listen to their concerns.
- Get teens involved in discussing their behavioral rules and consequences. Teens should take a more active role in determining how they should behave. Their advanced reasoning skills make it easier for them to generate realistic consequences for their actions. Listen to their ideas!
- Provide opportunities for teens to participate in controlled risky behavior. Get teens involved in properly supervised extreme sports, such as parachuting, or rock climbing.
- Provide opportunities for teens to get involved in community service. Teens want to become active in things that have deeper meaning. Suggest they volunteer at a homeless shelter, walk dogs for the animal shelter, or take meals to the elderly.
- Talk to teens about their views and be open to discussing your own. Find out what they think about news stories on television or in the paper; ask them about their political and spiritual beliefs.
- Try to build a genuine relationship with your teen. Let them know what you were like as a teen. Talk to them about your mistakes and vulnerabilities. Try to understand their feelings and express yours so you can be understood.

Adolescent Growth and Development

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