



Kings Langley  
Secondary



Bedmond  
Primary



Bovingdon  
Primary Academy



Kings Langley  
Primary



Nash Mills  
Church of England  
Primary



Sarratt  
Church of England  
Primary



St Pauls Chipperfield  
Church of England  
Primary

## Kings Langley Partnership of Schools

*Working Together to Prepare our Children for the Challenges of Tomorrow*

# Top Tips for Talking to Teenagers



- ◆ Listening and talking openly to your teenager about the risks and challenges they will come up against can help reduce the risks that they face in their day-to-day life.
- ◆ Don't try to force conversation. It's a good idea to keep an open mind and accept that talking about difficult issues might be tricky for you both.
- ◆ Let them know that you understand the pressures teenagers face can be difficult.
- ◆ Give them practical ways to help them stay safe so they don't have to learn through their mistakes.
- ◆ Help them say 'no' to pressure. Help them see that they can have a mind of their own.
- ◆ Don't expect instant solutions. Let them know you are there to talk and don't try to solve everything with one conversation. Don't be afraid to ask for outside help.
- ◆ Be clear about what is and isn't allowed in your house. Help them understand what your worries are too.
- ◆ Positive messages help. Your behaviour will influence them most. Don't expect them not to drink and smoke if you drink and smoke in front of them.
- ◆ Sometimes the best way to help your teenager is to get help and support yourself. Don't be afraid to ask for it.



**For more information contact your Schools Partnership Team on 01923 264504**

**Kings Langley Schools Student and Family Services**  
Kings Langley Schools Partnership Office, Kings Langley Secondary School,  
Love Lane, Kings Langley, Herts. WD4 9HN. Tel: 01923 264504



0808 800 2222  
[www.familylives.org.uk](http://www.familylives.org.uk)