

◇ Chapter 8
Build Family Relationships

Relationship Skills

COMPARING LIVES ACROSS GENERATIONS

Is it hard to imagine your parent or guardian as a teenager? Getting to know your parents or guardians better strengthens one of the most important and influential relationships you will have in your lifetime. Interview your parent(s) or guardian(s) to find out what his/her life was like as a teenager. Compare his/her experiences to your own by filling in the chart below. Then answer the questions on the next page.

Topic	My Parent Remembers	My Experience Today
1. Family Meals		
2. Traditions		
3. Chores		
4. Rules of the House		
5. Discipline		
6. Spending Time Together		
7. Biggest Concern		
8. Dreams and Aspirations		

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Learning About Your Parent

1. What are the similarities between the two lists?

2. What are the major differences between the two lists?

3. What main factors have contributed to these differences?

4. What insight into your parent's/guardian's life has this exercise given you?

5. Give a specific example of how you can use this insight to strengthen your relationship with your parent/guardian.
