

# UNIT 4 Developing Life Skills Activity

## Getting Along with Parents

**Directions:** Read about keys to getting along with parents. Then read the situations that follow and answer the questions on separate paper.

### Keys to a Better Relationship

When teens and parents have communication problems, these keys can help:

- **Respect** Respect comes with listening to and valuing the other opinion. Both sides need to talk about disagreements calmly, without shouting and insults.
- **Communication** Telling parents about activities, thoughts, and feelings helps them understand a teen's needs and wishes. People become closer through communication.
- **Trust** Through experience, parents learn whether to trust teens to be honest and responsible. As teens earn trust, most parents allow increasing freedom.

1. **Tantrum** Dani wants a tattoo. Her mother forbids it, saying that potential employers may get the wrong impression. Dani screams as she storms out the door, "You never let me be who I really am! You just want me to be Little Miss Perfect to impress your friends!"
  - A. How could Dani have responded to her mother with more respect?
  - B. How might the response you suggested affect Dani's relationship with her mother?
2. **No Response** Rob's grades have been going down, but he just shrugs when his parents ask about them. Rob is being picked on at school, but he says nothing about it at home. When his parents ask questions, Rob becomes angry, slams the door to his room, and hides.
  - A. How could Rob improve communication with his parents?
  - B. How might the actions you suggested affect Rob and his relationship with his parents?
3. **Freedom Issue** Melissa feels her parents don't give her enough freedom. She goes to a boy-friend's house but tells her parents she is with a girlfriend. She also stays out past nine, the time she is supposed to be home. When she gets home, they ask questions and limit her freedom even more.
  - A. How could Melissa have behaved in a way that would inspire greater trust?
  - B. How might the response you suggested affect Melissa's relationship with her parents?