



PAS 5

5 minute communication tools for Parents

We recommend always having an incentive for your youth when using our program because we know that once a student makes a decision to “buy into” what they are doing, real authentic progress will occur.

Pick a weekly incentive. Whatever you decide, make sure it means something to your child.

PAS 5- This is mandatory! This is a short series of questions and conversation openers so you and your student learn to process together so take a second to go over them and be prepared. Keep a notebook to keep track of your progress with your child!

1. In your own words, what is this message about?

2. What did you get out of it? They must say something; even if it is “I got nothing out of it.”

*Make them tell you why. For example, they may say, “I got nothing out of it because I have never had this issue and don’t know anyone who does.” This is an acceptable answer.

Over time the answers will change! It is important to keep notes in case they change their answer.

3. Can you help me to understand what you are saying by comparing it to an experience in your life or a friend’s life (his is important because it is causing them to visualize the situation in their memory which helps to actualize it in their personal life). This will get easier with repetition and your student will start to warm up to the idea of helping you understand- Hint, hint- kids love to feel like they are taking part in helping their parents understand something...this is leverage,.. Use it!!

4. Share about something you experienced in your life that relates to the lesson. It is ok to admit you did not know how to respond, responded the wrong way or maybe you could have done better. Young people can understand when a parent admits they didn’t know or didn’t have enough information. When parents are transparent, they reveal their humanness which allows your student to see you in a new light; as someone who has daily challenges just like them. Empathy is a learned behavior!

5. Bottom Line Statement: You give one statement, and your student gives one statement to finalize the conversation. This can be based on your opinions respectively, your ideas, reflections etc. These statements will change with repetition and time as your student observes your level of engagement.

*In other words: if you want something out of it (your student communicating with you in a healthy way that brings growth) You need to put something in it!