

## 4. Model and Consult

Teens need parents to provide ongoing information and support around decision making, values, skills, goals, and interpreting and navigating the larger world, teaching by example and ongoing dialogue.

Strategies for Parents	
<b>Set a good example</b>	around risk taking, health habits, and emotional control.
<b>Express personal positions</b>	about social, political, moral, and spiritual issues, including issues of ethnicity and gender.
<b>Model the kind of adult relationships</b>	that you would like your teen to have.
<b>Answer teens' questions</b>	in ways that are truthful, while taking into account their level of maturity.
<b>Maintain or establish traditions</b>	including family, cultural, and/or religious rituals.
<b>Support teens' education</b>	and vocational training, including through participation in household tasks, outside activities, and employment that develop their skills, interests, and sense of value to the family and community.
<b>Help teens get information</b>	about future options and strategies for education, employment, and lifestyle choices.
<b>Give teens opportunities</b>	to practice reasoning and decision making by asking questions that encourage them to think logically and consider consequences, while providing safe opportunities to try out their own ideas and learn from their mistakes.
<b>Key Message for Parents:</b>	
The teen years: Parents still matter; teens still care.	