



What Every Teenager Needs to Hear: STEPS Proactive Parenting

It's important for parents to talk to their kids. But have you thought much about what to say?

Research validates that parents positively impact their kids by talking to them. And there are some things that desperately need to be said. In fact, they are what every teenager needs to hear.

What Every Teenager Needs to Hear

You have great value – You are designed in a special way. You have unique talents that set you apart from everyone on earth. God did a good work in you, so be comfortable with who you are.

You have a good future – God loves you deeply, and he will be there for you. He has purposes and plans for you. There is meaning and significance in who you are and what you will do with your life.

It's okay not to be okay – If you ever have something that's bothering you, know that this is totally normal, because we all have issues at times. Many young people deal with depression, anxiety, and loneliness. It really is okay, so let's talk about it.

You're not alone – Social media is not reality. Your friends aren't as happy as they post, and they have issues too. In fact, there are many people who feel the same way you do.

Some choices are very dangerous – Driving or being in the car with someone under the influence can get you, or someone else, killed. You can call us at any time if you need to. Some drugs can kill you too, like heroin, the stuff mixed with it, and the pills that lead to it.



Addiction can happen to anyone – There are things you may not know about addiction. It is a disease that changes and harms the brain, and it's easier for teenagers to become addicted than adults. Every time you use a mind-altering substance, there is damage, and the risk gets bigger.

Want more useful tips on positive conversations to have with your kids? Read the full-length article, "What Every Teenager Needs to Hear" at www.lifeimprovementsteps.com/what-every-teenager-needs-to-hear

Get additional articles and a free parenting assessment to help protect your kids against addiction at www.lifeimprovementsteps.com/signup-steps-newsletter

Get more information. STEPS Proactive Parenting provides tools, training, and coaching for parents to protect their kids from addictions. Visit www.StepsProactiveParenting.com or contact Steve Ward at stevecward@lifeimprovementsteps.com.

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