

# Teens and Parents

## Summary

Teenagers will always struggle to find their independence. Just remember, increased freedom = increased responsibility. Parents have many roles to fulfill. Make sure you are part of the solution and not the problem. Choose effective methods of communication with your parents.

## Time Frame

1 class periods of 70 minutes each

## Group Size

Individual

## Life Skills

Thinking & Reasoning, Communication, Character, Social & Civic Responsibility

## Materials

- Bell Ringer Cards for each student
- Teens and Parents Study Guide Handout
- My Declaration of Independence Handout
- Teens and Parents PowerPoint Presentation
- How to Win With Parents Role Play Script
- Family Feud Game Instructions
- How Well Do You Know Your Parents? Handout

## Intended Learning Outcomes

Discuss a teenager's struggle for independence. Discuss how parents have the same basic needs as teens in their multiple roles and how teens can contribute to or relieve parental stress. Explore effective methods of communicating and building trust with parents.

## Instructional Procedures

Teacher and student step-by-step instructions are found below in the "Teens and Parents Lesson Plan" attachment.

## Assessment Plan

Students will complete the homework assignment, "How Well Do You Know Your Parents?". Explain this assignment to the students. It will be due next class period.

## Bibliography

[Teen Living Curriculum Guide](#)

from the Utah State Office of Education

## Authors

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