



TEENS AND PARENTS STUDY GUIDE

Name: _____

Period: _____

1. The three basic reasons for struggles related to independence with teens and parents are:
 - a. _____
 - b. _____
 - c. _____
2. Independence = _____, _____, _____.
3. Freedom and Responsibility
 - a. Most teens view freedom as being free from the _____ of parents.
 - b. The images that this brings is being free from and _____ and rules.
 - c. This type of belief is _____.
4. "Freedom to..." is a much better concept:
 - a. Freedom to _____.
 - b. Freedom to _____
 - c. Freedom to _____
5. Freedom and _____ go hand-in-hand.
6. "Liberty means _____. That is why most men _____ it!" – George Bernard Shaw
7. Define Freedom: _____

 - a. Increased freedom brings increased _____.
 - b. Increased responsibility brings increased _____.

8. Define Role: _____

9. List some roles parents have (you do not have to list them all, just a few)

- a. _____
- b. _____
- c. _____
- d. _____

10. Parents were once _____ too!

11. Methods of Communication:

- a. _____
- b. _____
- c. _____

12. Mature Communication Style:

- a. A childish _____ can elicit a childish _____.
- b. The goal is to get two individuals on the _____ level of communication.

13. Conflict Resolution – How to win with parents tips:

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____
- i. _____

14. Resolving Conflict with Integrity:

- a. Family members should be able to have differences of _____ and _____ with the _____.