



Hot Topics

Directions: Below is a list of different topics. It's great if you are *able* to talk with mom and dad about all the topics listed, BUT which ones are *easy* and which ones are *difficult* to talk about? Circle the topics that would be easy to talk with your parent(s) about and underline those that would be difficult to talk about.

movies your friends watch	money	friends	
telephone use	grades	curfews	
mistakes	conflict	crime	worries
hopes and dreams	the state of your room		
staying home alone	music	religion	
smoking	homework	parties	
detentions	the clothes you want to wear	privacy	
	television use	peer pressure	
marijuana	violence	teachers	
	sadness	hurt feelings caused by a parent	
discipline at school	household chores	lying	
failures	cheating	opposite sex	

Once you have finished, look at what you've identified as easy and difficult. Answer these two questions with your parents:

1. Overall, do you feel good about the number of topics you can *easily* talk about in your family?
2. How can you make the *difficult* topics easier to talk about?

Student Signature: _____

Parent Signature: _____



Communication Checkup

Directions:

Student: Be honest with yourself since this exercise is for you to learn from. Rate yourself on how you're doing at using the principles of good communication. Check your best response, *Poor – Fair - Well*, in each category. Do your parents agree with your answers?

How am I doing at:	Poor	Fair	Well
1. Not putting others down (mean statements).			
2. Taking time to listen.			
3. Letting everyone talk even when I disagree.			
4. Not interrupting.			
5. Using good eye contact as I listen.			
6. Making encouraging comments.			
7. Caring about the other person's feelings.			

Notes: