



# 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: