



# Scripts For Parents

## Curiosity & Intellectual Humility



What to say to teens to...

### Spark Curiosity:

**Teen:** "Why do I have to take algebra? I'm never going to use this stuff."

**Parent:** "You need to know algebra because it lays the foundation for so many other topics in math and other areas. Let's look into how people use math in many different fields of work."

**Teen:** "Why do I have to try out for the swim team? I don't want to."

**Parent:** "I think it is good for you to be involved in after-school activities. If you don't want to do swimming, what other sport or club interests you?"

It is important that parents are responsive to their children's questions and give thought-provoking responses that answer the question and spark more curiosity. Parents should encourage their adolescents to explore the things that interest them.

Sometimes teens have to learn about things they aren't passionate about. When this happens, parents can find ways to make it more relevant and enjoyable to their teens while sympathizing with their concerns.

In areas where we have choices, don't force teens to engage in activities they dislike if they don't have to. Doing so may cause them to be less inclined to try new things. Instead, encourage alternative options that may be more appealing.

### Promote Intellectual Humility:

**Teen:** "I don't want to listen to what she has to say... I know I am right!"

**Parent:** "Even if you are right, it is important to take the time to listen to other perspectives and opinions. Hearing other points of view allows you an opportunity to grow or to help someone else grow."

Those who exhibit intellectual humility are more likely to tolerate views different from their own, be more receptive to information and ideas from others, tend to be better liked, think critically, and are more likely to express positive character strengths such as gratitude. It can also help with reaching shared solutions and making compromises.