



# Scripts For Parents Teen Purpose

## What to say...

## Why?

**Teen:** I don't want to train for the 5k today.

**Parent:** Remember, we signed up for this 5K to raise money for cancer. You've always cared about helping others. This is important to us because we know people who have been impacted by it. Knowing I could help cure this disease is great motivation to train! If you're not interested anymore, let's figure out another way you could contribute to this cause or something else important to you.

Having purpose gives you meaning and direction in your life. With a sense of purpose, especially one that focuses on doing something for others, you are more likely to live a more content and meaningful life.

Because this is a time where teens are trying new things, it's important to avoid sounding overly judgmental when they try something and realize they don't like it. Parents' support can motivate teens to find their paths towards a sense of purpose and their guidance can help them reach goals linked with a certain purpose.

**Teen:** When I apply to college they want to know my intended major. I can't pick what to major in, let alone what I want to do for the rest of my life!

**Parent:** I know this is a very stressful time. It is okay to not know what you want to do. Most people have numerous different purposes throughout their lives and discovering them is a journey. You don't need to have everything figured out right now; instead focus on what you do know. You just need to know enough to try something out. You love your history and science classes this year; maybe you can start undecided, take a few different courses in these subjects to learn more, and collect information and experience that helps you figure it out.

Adolescence is a time of huge change and growth. It can be overwhelming for teens to make big decisions about their future, especially when they don't know their purpose. Instead of focusing on the unknown, slow down, and support your teen as they figure out their next steps.

Avoid loaded questions like, "What do you want to do with your life?" Instead, begin conversations with small, non-intimidating questions like, "When was a time you helped someone?" or "What are some of your best qualities?" This can help teens start thinking about their purpose.

It's important to try things out. Don't worry about having all the answers. Parents can remind their kids that being uncomfortable now is worth it in the long run because it helps point them in new directions.