



# Scripts For Parents Teen Resilience



## What to say when your teen...



### ...comes to you upset about a situation

**Say this...** "This must feel awful. In time, it will hurt less. You will even grow stronger from it, even though it feels so bad now."

**...not this:** "This isn't that bad."

Validate your child's feelings. Listen and acknowledge what they share. Talk about resilience as something that is built and developed by actions like working through challenging situations and emotions. Don't belittle your teen's feelings and say things like "It's not that bad," despite what you may think as this will make them less likely to approach you in the future and drastically reduce their support system.



### ... encounters a problem that they don't immediately know how to solve

**Say this...** "You will get through this, what can I do to support you?"

**...not this:** "Don't worry, I will fix this for you."

Allow your child to take the lead in solving their problems when possible. Don't immediately jump in. Ask if they want your guidance. Let them bounce their ideas off of you. This builds their confidence and problem-solving skills and empowers them to deal with challenges in the future. Exploration during adolescence is vital for growth and maturation, teens need to be able to make mistakes and figure things out, with constant presence, love, and support from the people in their lives.



### ... is mad or sad about a mistake they made

**Say this...** "I know this feels scary, but can this really hurt you? Will it feel so bad in a week or a month from now?"

**...not this:** "This is so horrible, it could ruin your life..." OR "This isn't a big deal."

Emotions can run high during adolescence. Listen to your teen's concerns. Talk about the real effects of the mistake to help your child bounce back. Don't minimize or blow things out of proportion. Help them express how they feel. Work with them to find a solution. This shows that you appreciate the wide range of emotions your teen is experiencing.



### ... gets distressed easily

**Say this...** "It is great to see how much you care. Your challenge is caring without letting it hurt you too much."

**...not this:** "You are too sensitive."

Emotions can be uncomfortable, but we have to help teens know that having emotions is a good thing that will benefit them and others. Their journey is in learning how to manage the uncomfortable feelings that sometimes come with emotions.