

# Bridging the Communication Gap

## *A Parent–Teen Communication Styles Worksheet*

### Part 1 – Self-Reflection

Circle or check the communication styles that describe you.

#### Older Generation Styles:

- |  |  |
|--|--|
| <input type="checkbox"/> Lecture Style       | <input type="checkbox"/> Do it With Me   |
| <input type="checkbox"/> Control Information | <input type="checkbox"/> My Way My Rules |
| <input type="checkbox"/> Listen to Me        | <input type="checkbox"/> Content Focus   |
| <input type="checkbox"/> Follow the Rules    |  |

#### Younger Generation Styles:

- |   |  |
|---|--|
| <input type="checkbox"/> Keep it Short / Ask ?s | <input type="checkbox"/> Make it Visual      |
| <input type="checkbox"/> Feed Curiosity         | <input type="checkbox"/> Give them Ownership |
| <input type="checkbox"/> Make it Interactive    | <input type="checkbox"/> Gamify your Message |
| <input type="checkbox"/> Offer a Cause          |  |

#### Reflect:

Why do you prefer these styles?

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How do you think your style affects the other person?

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### Part 2 – Compare & Contrast

Write your initials (P=Parent / T=Teen) to show who chose each.

Style	Parent	Teen
Lecture Style		
Do it With Me		
Control Information		
My Way My Rules		
Listen to Me		
Content Focus		
Follow the Rules		
Keep it Short / Ask ?s		
Make it Visual		
Feed Curiosity		
Give them Ownership		
Make it Interactive		
Gamify your Message		
Offer a Cause		

**Discussion:** Which styles do you share? Which are most different? How does that affect your conversations?

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### Part 3 – Build a Shared Plan

Choose 2–3 from each list to try together.

**Older Generation Styles to Try:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Younger Generation Styles to Try:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Plan:**

When will we try this? \_\_\_\_\_

How will we know it's working? \_\_\_\_\_

What will we do if it isn't? \_\_\_\_\_

**Part 4 – Reflection & Agreement**

We agree to try our new communication plan.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Teen Signature: \_\_\_\_\_ Date: \_\_\_\_\_