



# How to Say It to Teens: Talking about the Most Important Topics of Their Lives

*Richard Heyman*

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## **How to Say It to Teens: Talking about the Most Important Topics of Their Lives** Richard Heyman

If men are from Mars and women are from Venus, then teenagers are from another universe entirely—or at least it can often seem that way. In *How to Say It to Teens*, you'll discover surprisingly easy ways to keep the lines of communication open throughout the turbulent adolescent years.

Author Richard Heyman guides you through the most challenging topics any parent of a teen will ever face. Alphabetically listed from *Anger to Violence*, and packed with real-life examples, this wise parenting guide arms you with:

- Useful words and phrases
- Ways to ask important question
- Techniques for getting conversations started
- Strategies for helping teens through their actions and their consequences
- The most effective ways to offer advice

You'll also find an eye-opening self-test to help you assess your own communication skills and five principles of communication that help you maintain your relationship with your teens through adolescence into adulthood.

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