



TEACHABLE MOMENTS For Your Teen

Don't be afraid of turning a situation into a teachable moment for your teen. These teachable moments can be brief, to the point, and delivered in a conversational manner. This spontaneous dialogue between an adult and teen can reinforce their values and expectations.

Don't be deterred if your teen or pre-teen rolls their eyes at the sign of a "teachable moment." Teens need guidance from parents and other trusted adults. Take advantage of every opportunity you get.

1

At the dinner table your family is discussing recent news about a celebrity who was found guilty of physically abusing his girlfriend.

Teachable moment: "What do you think about (the celebrity) being physically abusive?" Discuss the consequences of his actions. Note to your teen, "It doesn't matter how famous someone is, if they harm someone else they should be held accountable."

2

You notice your teen watching a music video showing a male artist. He is surrounded by women in revealing clothes, gyrating provocatively around him. The camera focuses on their private body parts.

Teachable moment: "I don't like it when I see females presented as just sexy bodies. Women and girls are so much more than that."

3

Your daughter tells you that several girls at her high school were suspended for spreading mean rumors online about a gay classmate.

Teachable moment: "What would you do if you received something online that was mean and hurtful to someone else?" Reinforce any positive actions she suggests and talk about the serious harm caused by online and offline sexual harassment and bullying.

4

Your uncle and auntie visit with your family for a week. They have a very respectful, caring relationship and it was apparent during their visit.

Teachable moment: "I'm going to miss uncle and auntie. I really admire their relationship too. What do you think about their relationship?" Discuss the qualities that make their relationship so positive.

5

You overhear your daughter and her classmate talking about a friend who met with a guy in person that she had only communicated with online. Your daughter laughs because the guy turned out to be very different than her friend had imagined.

Teachable moment: “What do you think about her going by herself to meet someone she met online?” Discuss the dangers and the reality that people can lie about who they are and their intentions online. Reinforce your rule that she should never meet in person with someone she met online without telling you first.

6

You hear loud music in your son’s room and the artist is using crude, sexual terms to describe the girl in the song.

Teachable moment: “(artist’s name) might be popular, but the words to that song are insulting and disrespectful to women and girls. What do you think?”

7

The mother of the girl your son is dating tells you how impressed she is with your son. She says that her daughter says he’s smart and funny, but also respectful and someone she can trust.

Teachable moment: “I was really happy today to hear that your girlfriend and her mom think so highly of you. She told her mom you’re respectful and trustworthy. It made me so proud to hear that!” Moments” here.