



BACK TO SCHOOL: How to Beat the Communication Black Hole



Parent: "How was your day?"

Teen: "Fine."

Parent: "What did you do today?"

Teen: "Nothing."

Does this scenario sound familiar?

Effective communication is at the center of any household and all parent-teen relationships. But a lack of communication can easily stir up controversy and cause multiple problems between parents and their teen.

With all the added stress and negative harmful influences, it's more crucial than ever that parents establish a relationship and find ways to communicate with their teen.

So, where do you start?

Try to create deeper, richer conversations with your teen. Ask open ended questions. If your teen is reluctant to talk, try using the following day-to-day opportunities to engage, talk and build a relationship with your teen:

- Dinner table conversations
- Drive time to and from school, work or sports/band practice
- During a fun activity
- Before bedtime

Try these family conversation starters if you need help on where to begin.

Want to talk with your child about alcohol? Here are 5 conversation goals for doing that.

**2016-2017 FHHS Parents:
Receive \$20 cash when you renew your Safe Homes Network pledge or
take the pledge for the first time!**

Join or renew a free Safe Homes Network membership by August 31st and receive:

\$20 Cash
When you take/renew the
pledge by August 31st!

Go to www.FHCoalition.org to sign up. Funds generously donated by

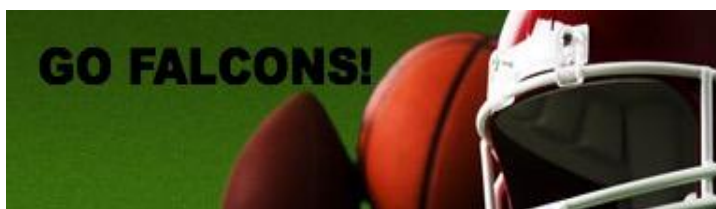


If you have a child registering for high school this year (2016-2017), you can receive \$20 just for renewing or taking the Safe Homes Network pledge before August 31st.

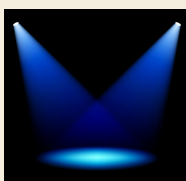
Click [HERE](#) for more details on Safe Homes and to take/renew your pledge.
And don't forget to tell your friends!

**Funds generously donated by Verne C. Johnson Family Foundation*

Be sure to look for us at Falcon sporting events in the coming months for exciting Safe Homes Network promotions and your chance to win!



THANK YOU! SPOTLIGHT



Thank you! to the Town of Fountain Hills Parks and Recreation Department for their support of the Text-A-Tip program. Decals were added throughout Four Peaks Park in June. Text-A-Tip is now featured at all four of our beautiful parks!