



5 Steps to Get Your Teen To Listen

You know the drill: you're trying to talk to your teen about curfew, or dinner, or absolutely anything-and they pretend they can't hear you. They start an argument with you, give you an eye roll and a "Whatever". Getting on the same page is a challenge for many parents. Here are five approaches that will help your young person listen.



1.Ease their minds.

When we get very upset, we go into fight or flight mode. Techniques that slow breathing help redirect blood flow to the prefrontal cortex. This allows rational thought to resume in the brain.

2.Hear them.

We want to jump into sharing our wisdom, but it is important *first* that our teens feel "heard". So put aside distractions, and encourage eye contact, and listen without interruption. If there is a chance for you to talk, repeat back what they have said; this confirms that you have been listening.

3.Empathize.

Empathizing validates your teens' feelings. Help them process their feelings and get beyond them. Starting with, "I can see why you would feel that way" encourages a great beginning that shows a positive reaction.

4.Extend an invitation.

Take a moment to invite them into a conversation where you share your perspective and wisdom on the topic at hand. Teens are most open to our ideas when they have decided when they want to hear someone as a coach or mentor. Telling them you have ideas and asking their interests promotes a perfect conversation.

5.Encourage, then exit.

There will be a moment where your teen says yes, but there is a good chance your teen will say no. Don't appear angry or offended, but encourage them by expressing your confidence in their ability to make a solid decision. Lastly, before you exit, let your teens know you're available to talk if they change their minds.

**8th Annual Essay Contest
Kicks Off In January for**

2020 **8TH ANNUAL ESSAY CONTEST**

Free Wendy's Frosty's to all entries!

FIRST PLACE:
\$1,000 CASH

SECOND PLACE:
\$300 CASH

THIRD PLACE:
\$100 CASH

Open to all High School students!

Entry Form and Contest Rules are available in all FH High School English Classrooms, the FH High School Front Office and at the Fountain Hills Library.

Contest Deadline:
January 31, 2020

Choose ONE of the following prompts. Please limit essay to 750 words or less.

1. Moments of our lives are constantly being recorded with our phones and shared on social media. Do you ever feel that you've lost the freedom to try new things because you were afraid someone was recording you? What could this lack of freedom cost this generation?
2. If you were independently wealthy and had no need for employment, what would you do to improve the quality of life for others?
3. For many young people today, they have two identities. One identity is their true self, the other identity is the one that is shared on social media. Have you ever feared losing your real identity/self to the life you've created online?
4. Why do you think vaping has become an epidemic among teens and tweens and what do you think is the most effective way to help those who are addicted to vaping? What about the best ways to prevent future users of vape products?

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ALL High School Students!

Our 8th Annual High School Essay Contest begins January 6th and runs through January 31st. Students have the opportunity to win \$1,000, \$300, or \$100, placing as the top three finalists along with 14 honorable mention \$50 winners. The contest is open to all high school students living in Fountain Hills and contest entry forms are located in the FHHS office, all FHHS English classrooms and the FH Library.

Click [HERE](#) for Essay Coversheet/Rules

Happy New Year From Us to You!

On behalf of the Fountain Hills Coalition, we want to wish everyone a wonderful and safe new year! We want to thank you all for your support and dedication to make our community a healthy and safe place for all who call Fountain Hills home!

