



CHECKLIST

Talking to Your Teen About School: A Parent's Checklist

- ☐ Notice and name what you've observed without judgment.

- ☐ Ask open questions about what they need, not what they've done wrong.

- ☐ Listen without interrupting or filling silences for them.

- ☐ Acknowledge what's going well before raising concerns.

- ☐ Agree on one small change together rather than imposing a solution.

- ☐ Set a follow-up time to check in without making it feel like surveillance.

- ☐ Contact school if struggles persist or affect wellbeing.
