

# HIGH SCHOOL CRISIS

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## CONVERSATION GUIDE FOR PARENTS

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In your home, there are teenagers unfolding into adults, and you really want to help them through a crisis. But how? The pressure of crisis seems to increase as their responsibility does. It's easy to want to jump in and fix things, but supporting their efforts will help them more.

See them for what they're becoming. Try to understand even more than you already know. And then help them if they need it.

### **SUPPORT THEIR EFFORTS BY RELIEVING PRESSURE**

Your faith in your teenager relieves the pressure and helps them grow, and your words are a great place to begin expressing that faith. We want to help you by giving you some words to say and not to say.



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## WHAT TO SAY:

- “I’m listening. Tell me more about how you feel.”
- “It seems as if you’re feeling, am I right?”
- “Want to walk with me? You don’t have to talk unless you want to.”
- “This situation looks like it could have some consequences. What do you think we can do to support you or help you with the outcomes?”
- “From what you’ve told me, I think we may need some extra support for you. Would you be okay with talking to a counselor/pastor/coach?”
- “You may not feel like you can make it to where you need to go next, but we (me, your friends, pastor) will carry you or sit with you until you can make your next step.”

## WHAT **NOT** TO SAY:

- “It’s a crisis for you, so it’s a crisis for me too.” (Don’t let their crisis become your crisis. They will need you to support them while they learn to navigate through things.)
- “I’ll fix it so you don’t have to.”
- “You caused this problem. You can find a way out of it.”
- Nothing. (Don’t ignore a crisis that freaks you out. If you don’t feel as though you’re able to support the student through this, find someone else who can.)

When necessary, involve professional counselors.