



Hitting the Road: Effective Communication Tips

Great strategies

- Listen intently and do not interrupt
- Even if you disagree
- Maintain eye contact
- Ask follow up questions
- Express own ideas when appropriate
- Admit when you are out of your league in knowledge on a subject
- Encourage open and honest opinions on subject
- Make climate conducive for communication
- Shut off the TV
- Try one on one conversation

Things to avoid

- Using terms such as “You always...” or “You Never...”
- Nagging or lecturing
- Say it once, no need to repeat
- Do not interrupt an idea
- Refrain from criticizing
- Dwell on past mistakes
- Driving is a learning experience, teens WILL make mistakes
- Use guilt to take control
- Using sarcasm or threats
- Deny feelings or opinions
- Using negative connotations or insults

Try these statements to build conversation

- “Tell me more about what happened in Drivers Ed”
- “I understand where you are coming from, what do you think about this”
- “I’m sorry that you feel unheard, I am listening now”
- “Can you explain that more to me”

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