

STOP Revision How are you getting on?

1. Strengthening your relationship with your teen

Spending 1:1 time weekly with teen letting them choose activity

- Spending time enjoying their company

2. Avoiding conflict

- Have you avoided picking up the rope?
- Are you dropping the rope and walking away?
- Recognising when teen is on the escalation curve
- Giving time for teen to calm down
- Owning the feeling and using the ' I feel ' statement
- Using ' I ' not 'you'
- Using a soft voice rather than loud
- Modelling how to calmly deal with conflict

3. Listening skills

- Listening for details and encouraging conversation
- Relaxed body language
- Making some eye contact
- Soft facial expression
- Mirroring body language
- Using 'and' rather than 'but'
- Using 'when' rather than 'if'
- Using 'I' rather than 'you'
- Using empathy
- Listening to teens tone and emotion rather than just the words.

4. Praise and encouragement

- Using labelled praise
- Is it honest
- Enthusiastic
- Given straight away
- Encouraging behaviour you want
- Taking praise away

5. Identifying whose problem it is

- Recognising when it is the teen's problem
- Identifying when it is a shared problem
- Identifying when it is the parent's problem
- Showing empathy to teen
- Recognising the teen's ability to solve the problem

0 = Never					4 Yes frequently				
0	1	2	3	4	0	1	2	3	4