




CARE™

TWEEN & TEEN

HANDOUTS

MIND YOUR Ps & Qs

AVOID the 3 Qs During Youth-Led Relationship Building Activities

| | Qs | EXAMPLES | REASON |
|---|---|--|---|
|  | <p>1. QUASH the need to lead!</p> <p style="text-align: center;">Avoid unnecessary commands</p> | <ul style="list-style-type: none"> • Talk to me. (Direct Command) • Look at me when I'm talking to you (Direct Command) • How about you try it this way? (Indirect Command) • Why don't you put your cell phone away? (Indirect Command) | <ul style="list-style-type: none"> • Directions and suggestions take away the lead. • Suggestions are often hidden directions, and the adult expects compliance. • If the youth doesn't follow the direction, it can cause conflict. |
|  | <p>2. QUIT <u>Unnecessary</u> "Information" QUESTIONS</p> <p style="text-align: center;">QUIT "Tone-of-voice" QUESTIONS</p> | <ul style="list-style-type: none"> • How was school today? • What are you making? • What were you thinking? • Who did you sit with at lunch? • Teen: I'm going to my room. • Adult: You're going to your room? | <ul style="list-style-type: none"> • Questions tend to lead the conversation. • Many questions are commands and require an answer. • It may seem like you aren't listening. • It may sound like you disagree with ideas. |
|  | <p>3. QUIET the criticisms: DON'T STOP QUIT NOT</p> | <ul style="list-style-type: none"> • Quit whistling! • That wasn't nice. • I don't like it when you make that face. • Stop crying! • No, you shouldn't do that. • Those books don't go there. • Don't put your feet on the table. | <ul style="list-style-type: none"> • "Negative talk" often increases negative behavior. • It can also create friction. • There is a better way to give commands so that children comply. |

MIND YOUR Ps & Qs

USE the 3 Ps During Child-Led Relationship Building Activities

| | Ps | Examples | Reason |
|---|---|---|---|
| P | 1. PRAISE (Specific) appropriate behavior | <ul style="list-style-type: none"> • Good job of cleaning your room! • I like the way you thought that situation through. • Nice job following the directions. • Thank you for sharing. • Thank you for speaking so calmly. • Nice idea to wash the car. • You made a great decision. • I really appreciate your honesty. | <p>Specific praise...</p> <ul style="list-style-type: none"> • Tells the youth exactly what you like about her/his behavior. • Is more powerful in changing behavior than punishment and/or fear. • Causes good behavior to increase. • Lets youth know what you like. • Makes you both feel good. |
| P | 2. PARAPHRASE appropriate talk | <ul style="list-style-type: none"> • Teen: I like this song. Adult: You like this one. • Teen: Me and her are going to the mall. Adult: You and she are going to the mall. • Teen: I can't think. Adult: You can't think clearly right now. | <p>Paraphrasing...</p> <ul style="list-style-type: none"> • Lets the youth lead the conversation. • Shows the youth that you are listening. • Shows that you accept and understand the youth. • Can help improve speech. • Increases the amount of talking you do with the youth. |
| P | 3. "POINT OUT" the youth's appropriate behavior | <ul style="list-style-type: none"> • I saw the poster you designed. • I heard you made the team. • It looks like you're solving the puzzle. • I see you are working on your math. • You've finished that part and you're starting on the next one. • I noticed you cleaned your room. | <p>Pointing out behavior...</p> <ul style="list-style-type: none"> • Lets the youth lead. • Shows that you are interested, aware of what they do; involved. • Teaches concepts or ideas. • Focuses the teen's attention on the task. • Organizes the teen's thoughts about the activity. |

MIND YOUR Ps & Qs

Praise (Specific)

You're very good at remembering your supplies.

Great job getting your homework done!

You're doing awesome finishing tasks on time.

You show a lot of creativity in your art project.

That was nice of you to help her with her math.

I'm so proud of you for reaching your goal.

That was very kind of you to ask her to join in.

This is a terrific cake we made together.

I like how you're sharing your gummy worms.

That's a wonderful story you told.

Thank you for asking politely for the car keys.

I love it when you use such good manners.

I appreciate how clearly you explained your point of view.

You show great style at putting outfits together.

Good job finding that piece of the puzzle!

I am really impressed with how hard you are trying to fix the issue.

You're doing a great job of speaking calmly.

You made a gorgeous scarf.

MIND YOUR Ps & Qs

Paraphrase

Teen: I made dinner.

Adult: You did make dinner.

Teen: I want to see that movie.

Adult: Yes. You'd like to see that movie. Me, too.

Teen: He has a cool ass name.

Adult: Yeah, it is a cool name.

Teen: This show makes me laugh.

Adult: The show is funny. It makes me laugh, too.

Teen: This shirt don't fit me.

Adult: That shirt doesn't fit you anymore.

Teen: Coach made us run extra laps.

Adult: Oh, you had to run more than usual today. Guess he really wants you to be in shape

Teen: I think that dog got fleas.

Adult: The dog does seem like he has fleas.

MIND YOUR Ps & Qs

Point Out Behavior

You're making brownies for the party.

You're ready for bed.

You're eating eggs and toast for breakfast.

That's a new song you're singing.

You're sitting very quietly.

It looks like you are picking out all the red M&Ms.

You're taking pictures of your toes.

You're looking for something else to eat.

You've lined up all the supplies for your project.

You're wearing your favorite outfit.

You look like you're getting organized.

You're trying to figure out what to do.

You put them together in a repeating pattern.

You took your hat off like I asked.

I noticed you completed all the math tasks today.

I heard you won the game.

Ms. Smith tells me you earned the lead role in the play.

SUGGESTED ACTIVITIES

for Interacting with Youth to Build Relationship

A few ideas:

- Making posters
- Creating art
- Organizing a room or project
- Morning greetings/goodbyes
- End of day goodbyes/greetings
- Extracurricular activities such as yearbook, sports, specialty clubs
- Transitions in daily routine
- Cooking together or meal times
- Taking a walk
- Shooting baskets (with a basketball)
- Quiet time before bed

List some other possible appropriate activities for building positive relationships with youth:

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|----|
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |