



## The [Parenting My Teen](#) Oath

As a loving and devoted parent of a teenager, I vow to do the following:

- Communicate Effectively** - I will no longer lecture, but instead I will discuss issues with my teenager in a way that he/she can understand. I will do what is necessary to help my teen learn and grow from our discussions.
- Enter My Teen's World** - I will stay aware of the music my teen listens to and the websites they visit. I will learn who my teen's friends are and will meet as many of them as possible.
- Enhance My Awareness** - I will constantly remain aware of the changes in my teen's physical, emotional & educational well-being. Upon noticing any changes that concern me, I will communicate the concern with my teen.
- Connect** - I realize that I am the best defense my teen has against peer pressure. I will spend quality time with my teen to strengthen our bond. I will talk with my teen daily about his/her feelings, thoughts and encounters.
- Set Rules & Follow Through** - I have clearly explained the rules and the consequences of breaking the rules to my teen. I will follow through with the consequences, always.
- Focus on the Positive** - I will encourage my teen by providing him/her with positive feedback on their behavior, attitude, achievements, etc.
- Listen** - I will listen (not just hear, but really listen) to what my teen is saying. If I don't understand fully I will ask questions until I do.
- Vigilance** - I will never give up on my teen. If times of trouble arise, that I cannot fix on my own, I will remember that Aurelia Williams offers [one on one coaching](#) for parents of teens and even if I just need someone to tell me I'm not insane, I'll give her a call.
- Express My Love** – No matter what happens, I will tell my teen each and every day that I love them.

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Parent(s) Signature

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Date