



Research shows that resilient individuals report the presence of caring adults in their lives. Helping adolescents recognize, understand and appreciate those caring adults will help to build those resiliency skills. At times, parents and their adolescent children face conflict because they each feel misunderstood or underappreciated by the other.

In the early 2000's Disney re-released a movie called Freaky Friday that addressed this idea (original movie was released in 1976; re-make 2003). In the movie, due to a "twist of fate", a mother and daughter wake up in each other's bodies. They are each forced to live life (for a very short time) as the other person. This switch helps them to see life's challenges from another perspective.

Through this edition of the Power Talk, explore the idea of a switch up. Learn to look at the world from the perspective of your teen and your teen can learn to look at the world from the perspective of an adult. This is a great way to foster communication between adults and teens. Try to be objective and open. If you want to have a productive conversation with your child, do your best to keep an open mind and remain curious. Your child is more likely to be receptive this way. Let your teen know they're being heard. This will make it easier to discuss the negative effects of alcohol, and what that means in terms of mental and physical health, safety and making healthy decisions. Talk about the short and long term effects and remember: **Keep talking – they really are listening.**

TEENS SAY THEIR PARENTS ARE THEIR MOST RELIABLE SOURCE. USE ACTIVE LISTENING WHEN HAVING EFFECTIVE CONVERSATIONS WITH YOUR TEEN ABOUT NOT USING ALCOHOL.

FREAKY FRIDAY

This is your opportunity for a "Freaky Friday" experience. Pick a period of time where you and your child switch places. Each of you get live and behave as the other person for whatever period of time you choose (at least 1 hour or even a whole day). After your experience, take a few minutes to talk about your time and answer these questions:

- What difficulties did you experience when you were living the other person's life?
- What was a fun thing that you realized about the other person that you didn't know or had forgotten?
- Did this activity help you understand the other person a little more?
- Did you learn anything about yourself?
- Is there something that you think you will change in your interaction with the other person as a result of this activity?
- Is there a way to change your relationship with each other that will make it even better?

FAMILY MOVIE NIGHT

After you spend some time "in each other's shoes", get together as a family and watch the movie, Freaky Friday (either version—both are fun!). See if you can find any similarities between your experience and those of the characters in the movie.