

ST. MARY'S ACADEMY

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# Torch Talks

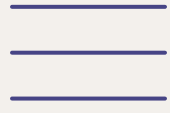


In collaboration with  
**Positive Perspectives Counselling  
and Psychotherapy**

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[WWW.POSITIVEPERSPECTIVES204.COM](http://WWW.POSITIVEPERSPECTIVES204.COM)





# How To Communicate With Your Teenager

TOOLS, TIPS AND INSIGHTS ON HOW TO CONNECT AND BUILD A SUPPORTIVE RELATIONSHIP.

**Brittney Singh, BSW, RSW**  
**Nicole Allan, MFT Graduate Student**





BY THE END,

# We want you to know...

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HOW TO CREATE A SAFE SPACE FOR YOUR  
TEEN TO OPEN UP.



TIPS TO FOR HOW TO RESPOND  
APPROPRIATELY.



WHY IT'S NEVER TOO LATE TO CONNECT.



# Feeling distracted?

WE WANT TO YOU GET THE  
MOST OUT OF THIS TIME.

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Please turn your phone on Do Not Disturb or  
Silent Mode to shut off any distractions.

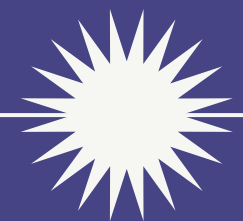




Not sure if  
you're in the  
right place?

“Having a teenage daughter is like having an office crush.”

- T I N A F E Y



W A T C H V I D E O

# The expectations of having a teenager

AS TOLD BY THE MEDIA



YOU'VE LIKELY HEARD ONE OF THE FOLLOWING...

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01. Your teen will have a very similar high school experience to the one you had.

IE. ACADEMICALLY, IN FRIENDSHIPS, WITH DATING, SPORTS, PERSONAL INTERESTS, GENDER IDENTITY, SEXUALITY, DECISION-MAKING, OR WITH PRESSURES FROM THEIR PEERS.





YOU'VE LIKELY HEARD ONE OF THE FOLLOWING...

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02. Your teenager will be your best friend and you'll do everything together.

**THEY WILL COME TO YOU WITH THEIR NEEDS.**

**THEY WILL ALWAYS BE OPEN WITH SHARING ABOUT**

**THEIR LIVES AND THEIR FEELINGS.**



YOU'VE LIKELY HEARD ONE OF THE FOLLOWING...

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03. They'll always appreciate and respect your advice, and you'll always respond with perfect thing to say.

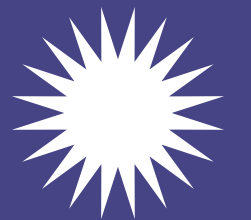


YOU'VE LIKELY HEARD ONE OF THE FOLLOWING...

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04. The more present you are in their life will take away from any struggle they may have.

WHICH MEANS THEY WON'T EVER EXPERIENCE ANY  
HARDSHIP.





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# You're totally in the right place if...

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ALLOW US TO EASE YOUR MIND WITH  
THIS **REALITY CHECK.**

THE REALITY IS...

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01. Your best effort  
doesn't always  
equal a perfect  
and close bond.



02. Your relationship  
doesn't always  
determine how open  
and honest  
someone will be.



03. Even if they love and trust you, it doesn't always mean they will want to open up about vulnerable topics.



04. Teens tend to turn to their peers more often than their family.





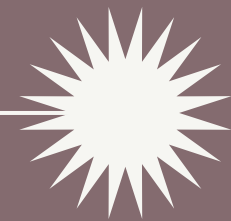


We are *so* glad  
you're here!

If you found yourself feeling curious,  
you are **100%** in the right place!

F O O D F O R T H O U G H T .

How can we talk about  
parenting without thinking  
about how we were parented?



# Hi, I'm Nicole! I am:

- AN EXECUTIVE ASSISTANT & STUDENT THERAPIST AT POSITIVE PERSPECTIVES.
- A 6TH YEAR MARRIAGE AND FAMILY THERAPY GRADUATE STUDENT AT THE U OF W.
- NEURODIVERGENT WITH MY BEAUTIFUL ADHD BRAIN.
- MIXED-RACE (INDIAN AND UKRANIAN)
- A CIS-GENDERED, HETEROSEXUAL WOMAN WITH ABLE-BODIED, LIGHT-SKINNED PRIVILEGE WITH SHE/HER PRONOUNS.





# Hi, I'm Brittney!

- MY PRONOUNS ARE SHE/HER.
- MIXED RACE IDENTITY, CISGENDER WOMAN.
- I'M A REGISTERED SOCIAL WORKER. I HAVE BEEN IN THE FIELD OF SOCIAL WORK FOR 10 YEARS.
- MY WORK IN COUNSELLING HAS ALLOWED ME TO WORK WITH A DIVERSE RANGE OF FOLKS, FROM TEENS TO OLDER ADULTS.
- I'VE BEEN ABLE TO EXPAND MY ROLE AS A THERAPIST WITH POSITIVE PERSPECTIVES SINCE MAY OF 2023.



# Safe Space

A place or environment in which a person or category of people can feel confident that they will not be exposed to discrimination, criticism, harassment, or any other emotional or physical harm.

Source: Oxford Languages

le. "School must be a safe space for 2SLGBTQQIA + BIPOC students."

WHAT MAKES YOU FEEL SAFE TO  
OPEN UP?

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What your teen thinks is a safe space can differ from what feels like a safe space for you.

There's no universal manual  
for parenting at any stage.

YOU AND YOUR TEEN ARE BOTH  
FIGURING IT OUT AS YOU GO.



LET'S TAKE A  
MOMENT TO

normalize.







Don't underestimate the  
power of just sitting with your  
teen in their pain and grief.





GET READY TO TAKE NOTES...

# What can I do/say?



BE CURIOUS, STAY OPEN AND ASK QUESTIONS.



BE MINDFUL OF MAKING ASSUMPTIONS BASED ON YOUR OWN EXPERIENCES.



NOTICE IF YOU'RE IN CONVINCING MODE VS. CONNECTION MODE.

# What can I do/say?

## ASK:

- "DO YOU WANT ADVICE OR DO YOU JUST WANT TO VENT?"
- "CAN I GIVE YOU A HUG?"

## SAY:

- "I LOVE YOU."
- "THERE'S NOTHING YOU COULD TELL ME THAT WOULD MAKE ME LOVE YOU ANY LESS."
- "YOUR FEELINGS ARE VALID."

# What can I do/say?

- "IT DOESN'T HAVE TO MAKE SENSE."
- "I'M PROUD OF YOU."
- "I'M HERE AND I'LL BE HERE."
- "I HEAR YOU. I SEE YOU."
- "YOU ARE ENOUGH. YOU HAVE NOTHING TO PROVE."
- EMPATHIZE BY REFLECTING THEIR SENTIMENTS OR DISCLOSURE BACK AND SAY, "WOW, THAT DOES SOUND DIFFICULT."

# What can I do/say?

## PERSONAL MANTRAS:

- "SHE'S NOT GIVING ME A HARD TIME. SHE'S HAVING A HARD TIME."
- "THE CALMER I AM, THE MORE EFFECTIVE I'LL BE."
- "THIS PROBABLY FEELS LIKE A REALLY BIG DEAL FOR HER."
- "HELP. DON'T HURT. I CAN DO THIS."

IF YOU DON'T FEEL LIKE YOU'RE ABLE TO SAY OR DO THIS, PLEASE KNOW THAT IT TAKES INCREDIBLE AWARENESS TO BE IN THAT SPACE. THIS CAN BE WHERE REACHING OUT FOR OUTSIDE SUPPORT CAN BE HELPFUL.

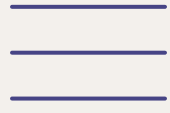


If we want to create a safe space for our kids to open up, we can create an environment that minimizes their fears.



IT'S LESS ABOUT CHANGING OR FIXING  
OUR TEENS.

IT'S MORE ABOUT WHAT AND HOW WE  
COMMUNICATE.



# The Strategy

01.

BE  
CURIOUS.

02.

STAY  
OPEN.

03.

NOTICE  
YOUR OWN  
REACTIONS.





“It’s never too  
late to  
reconnect.”

- DR. BECKY KENNEDY



# Stay Curious

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- [HTTP://POSITIVEPERSPECTIVES204.COM/  
RESOURCES](http://positiveperspectives204.com/resources)
- [HTTPS://KLINIC.MB.CA](https://klinik.mb.ca)
- [HTTPS://RAINBOWRESOURCECENTRE.ORG](https://rainbowresourcecentre.org)
- IF YOU OR ANYONE YOU KNOW IS AT RISK OF SELF HARM OR BEING HARMED BY OTHERS, TEXT 988 FOR HELP 24 HOURS A DAY, 7 DAYS PER WEEK. THE SERVICE OFFERS TRAUMA-INFORMED AND CULTURALLY AFFIRMING SUPPORT TO ANYONE WHO IS THINKING OF SUICIDE, OR WHO IS WORRIED ABOUT SOMEONE THEY KNOW.
- 24/7 FREE CONFIDENTIAL ONLINE AND PHONE COUNSELLING IN FRENCH AND ENGLISH ([HTTPS://KIDSHELPPHONE.CA](https://kidshelpphone.ca)) CALL 1-800-668-6868 OR TEXT 'CONNECT' TO 686868.
- *THE POWER OF SHOWING UP BY DANIEL SIEGEL AND TINA PAYNE BRYSON*
- *GOOD INSIDE: A GUIDE TO BECOMING THE PARENT YOU WANT TO BE BY DR. BECKY KENNEDY*
- *THE SINGLE MOST IMPORTANT PARENTING STRATEGY BY DR. BECKY KENNEDY (TEDTALK 2023).*



# Meet our team

We are a mental health  
collective dedicated to serving  
**all people.**



**Dunja**  
*Associate*



**Carly**  
*Associate*



**Kim**  
*Associate*



**Chantal**  
*Associate*



**Homa**  
*Founder*



**Brittney**  
*Associate*



**Nicole**  
*Student  
Associate*



# Stay in touch

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 297 St Mary's Road, Winnipeg, Manitoba

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 [@positive.perspectives.wpg](https://www.instagram.com/positive.perspectives.wpg)

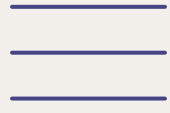
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# Questions?

IF SOMETHING  
RESONATED, LET US  
KNOW!





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