Ages: 12-14

What do you want - for the near future or beyond?

6 min



Main question: «If you look ahead - at this week, this month, the next six months - is there something you WANT? Some plan, goal, dream, trip?»

If they don't know: don't push. «Think about it - maybe you'll remember. I just want to know what's on your mind.»

REALLY ACT ON THE ANSWER:

They said it - act. At this age "acting on the answer" works differently than with younger kids. A teenager doesn't expect you to organize EVERYTHING. They want to see that you TAKE IT SERIOUSLY. Ways to do it:

- Help think it through together («let's break down what's needed for this»)

- Offer a concrete step from your side («I can send you a link to a course / I can ask your uncle about a job»)

- Respect it if they want to do it themselves («okay, tell me if you need help»)

The key - DON'T belittle it. Not «that's unrealistic / you're still too young / better focus on school for now». If you have an objection - make it reasoned and respectful, not dismissive.

If they open up: «And what do I need to know about this? What can I do to help - or to stay out of the way?»

What we practised:

«A teenager whose dream has been heard is a different teenager. You don't have to make it come true, but you do have to take it seriously. This is the difference between teenage withdrawal and a teenager who sees the parent as an ally.»