







Toolkit for Parenting Teenagers
Reflection Activity #1: Social Circles


As teens move into middle school and high school, they begin to have many new influences in their life. Knowing every person your teen comes into contact with might not be possible, but knowing who they spend their time with and who they befriend is important. By getting to know your teen's friends, you learn more about your teen and gain insight into the relationships that they are involved in making sure they are safe and positive. Spend some time with your teen identifying the friends that best fit the statements below.


 Name a person you can talk to if you feel like you are in danger

 Name a person you can do new and exciting activities with

 Name a person you can call on if you feel sad

 Name a person you trust

 Name a person whose opinion you value

 Name a person who makes you feel supported