

**EMPOWERED**  
**PARENTS**  
**EMPOWER**  
**TEENS**

# EMPOWERED PARENTS EMPOWER TEENS

## 1. Empower Through Shared Strength

Think of your family as a team. Create moments where your teen feels they can share what's on their mind without fear of judgment. This could be during a car ride to the mountains or while hanging out after dinner. Let them know their voice matters, even when they mess up or when it's a subject you're not as interested in.

- Question 1: Am I really listening when my teen talks, or do I catch myself interrupting or jumping in with advice too soon?
- Question 2: Does my teen come to me when something's bothering them, or do they seem hesitant to open up?

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## 2. Lead with Connection Over Control

It's tempting to step in and fix things, but try to meet your teen where they are. Instead of saying, "Here's what you need to do," ask them what they're thinking. Let them feel you're their ally, not their supervisor.

- Question 1: Am I asking questions to understand what my teen needs, or am I rushing to tell them what to do?
- Question 2: Do I support their independence, or am I holding on too tight because I'm worried they'll fail?

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## 3. Model Empowered Living

Your teens are watching how you live your life. When they see you chasing goals, handling challenges with grace, and staying true to yourself, it shows them they can do the same. Talk about what excites you and share the lessons you're learning—they'll notice more than you think.

- Question 1: Am I showing my teen how I deal with challenges without pretending I have it all figured out?
- Question 2: Do I let them see my passions and explain why they matter to me?

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## 4. Step Into Their World

Spend time engaging in activities they love, like snowboarding or enjoying the mountains together. Celebrate their unique qualities and let them know they're seen and appreciated for who they are.

- Question 1: Am I regularly engaging with my teen in activities they love or spaces they feel most at home?
- Question 2: Do I notice and celebrate the unique qualities that make my teen who they are?

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## 5. Build Strong Support Systems

Encourage a shift from hyper-independence to strong support. Teach your teens the value of asking for help and leaning on others. Lead by example by showing that relying on others is a strength, not a weakness.

- Question 1: Am I modeling healthy support systems by leaning on others when needed, and showing that it's okay to ask for help?
- Question 2: Do I encourage my teen to build connections and seek support from friends, mentors, or other trusted adults?

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Thank You for Taking the First Step!

I wanted to say a big thank you for downloading The Empowered Parents Empower Teens Support List. How did you do when you checked in by asking yourself the questions under each prompt?

Acknowledging your wins and your needs is the first step to creating a different reality.

This journey isn't always easy, but trust me—it's worth it.

Each choice you make to honor the path and person your child is trying to become while also empowering yourself with the tools you need to feel supported will bring you closer to the happiness, connection and security that you are looking for for your family.

Remember, you're not alone in this. I'm here to support and guide you as you navigate this path. If you're ready to dive deeper or need additional tools and encouragement, keep an eye on your inbox—I'll be sharing more resources and opportunities to connect soon or feel free to use the link below to book a complimentary Empowered Parents call.

[TARAMCCALLAM.COM/Services](https://TARAMCCALLAM.COM/Services)

Until then, know this: you are setting your family up for an empowered future where you build up your child and their identity while also building a legacy of support and connection. This will not just affect your family, but will set an example for their future families too.

With deep love and support,  
Tara McCallam

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