

THINGS I WISH MY PARENT KNEW



The statements below were made by real teens on a site called Reddit. You can read the entire thread on [Reddit](#). Be aware that most statements on Reddit are unfiltered, unedited, and can often be unsettling.

These statements are meant to inspire you to recognize your teen might have things they want to talk to you about, but don't know how. This list is just a start to all the things your teen would love to talk to you about if a safe space for brave conversations can be created by you and your teen.

*Start the conversation in a safe way. Set boundaries for yourself and your teen so they get to pick the topic. Assure them that you want to hear what **THEY** think and feel and be prepared to hear what they have to say, without a reaction that could shut down the conversation.*

- 1. I like being alone.*
- 2. If I can Google It, you can Google it.*
- 3. They have no idea how thankful I am for how they raised me.*
- 4. Everything bad I do isn't because of my phone or my computer.*
- 5. I know a text is from them without them signing off at the end.*
- 6. I love you very much. I know I'm a private person and that I don't call enough, but that doesn't mean I don't care.*
- 7. I'm still a person.*
- 8. Even though I don't speak to them all the time, I still love them very much.*
- 9. I can't just forget the past.*
- 10. Depression is a real thing.*
- 11. Just because I'm tech-savvy/internet-savvy doesn't mean I'm a magician.*

12. *How grateful I am for all they've done for me.*
13. *Depression isn't just a person being sad because he had a bad day.*
14. *I really am doing my best.*
15. *I'm on my "phone" so much because I'm looking for a job and this is the new way it's done, not walking around in a suit giving out resumes to people.*
16. *Just because I disagree does not mean I'm showing disrespect.*
17. *The world doesn't work the same way it did when they were my age.*
18. *I can't hear them when I have headphones in.*
19. *The stricter you are the more rebellious I'll be.*
20. *Love isn't something that everyone wants to find. I'm happy being single.*
21. *You can't pause video games online.*
22. *I'm not going to live up to your expectations because my version of happiness doesn't match yours. And that's okay.*
23. *Depression is a real illness and medication can be really useful in treating it.*
24. *The kind of girls I like look different from the kind of girls you like.*
25. *Just because I want my phone in my room at night does not mean I want to send or receive sexts from the world.*
26. *I don't want to talk right after I get up.*
27. *How much I appreciate them.*

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