



# 10 & 10

MINUTES OF WRITING      MINUTES OF SHARING

The goal of this exercise is to prioritize time with your parenting adult/child and communicate in a way that can strengthen your relationship. Focus on listening to each other with respect and understanding each other's perspectives and feelings (they are never right or wrong). We suggest starting with Prompt One!

## PROMPT 1

*Write five qualities you admire about your parenting adult/ young person and why you admire those qualities.*

## PROMPT 2

*Have your young person pick a topic they want to talk about. Some examples include social media, school/college, drugs & alcohol, relationships, mental health, stress, sports, body image, curfew, sleepovers, etc.. Discuss why the topic is difficult to talk about and ways to make it easier to continue the conversation.*



Each person will take a piece of paper and go into a separate room.



Set a 10-minute timer and write your thoughts about the chosen prompt.



After 10 minutes are up, come together and read what you wrote out loud.



Once you have read your responses to each other, discuss what you heard.

**TIP:** When discussing your responses, be sure to use "I Statements." For example, use "I feel frustrated when my feelings aren't heard or acknowledged," instead of "You don't care about me or my feelings."



Scan for  
Student  
Tips and Tools

Visit [speakup.org](https://speakup.org) for more information



Follow Us on social media @speakuporg

Scan for  
Parenting Adult  
Tips and Tools

