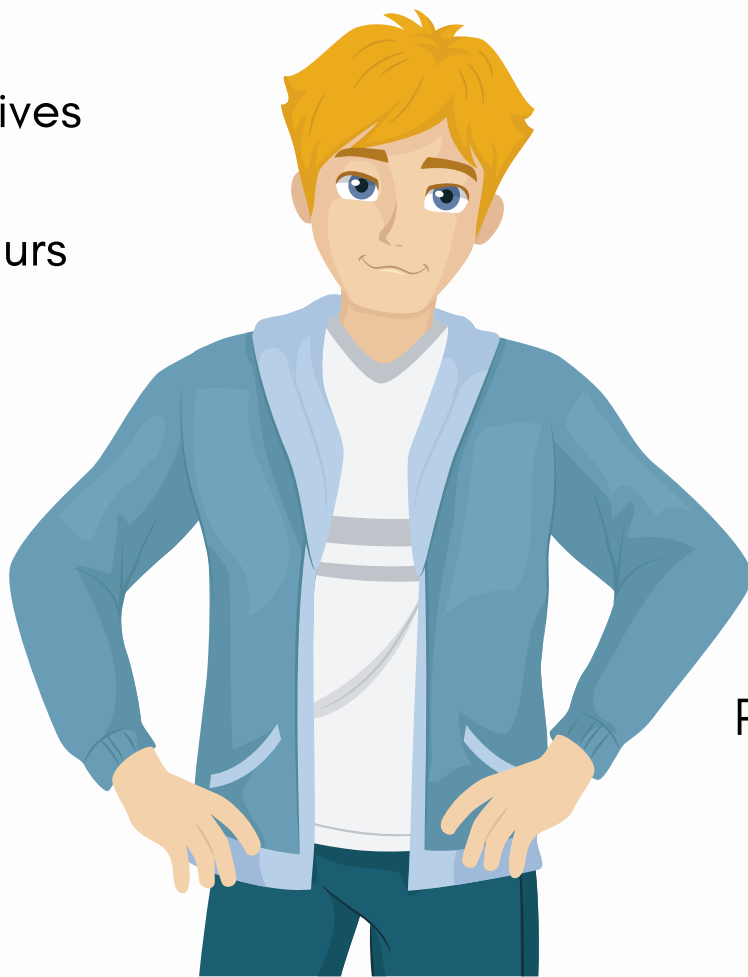


# Understanding What Your Teen Values and How to Use That Knowledge to Connect

Understanding what the majority of Gen Z enjoys doing and what interests them can help to connect and grow that relationship as a parent. Getting curious with their tendencies and asking questions about their hobbies or social circle will allow a parent to find common ground, and connect on a deeper level.

## GEN Z

*Born from 1997-2002*



▶ Digital Natives

▶ Entrepreneurs

▶ Educated

▶ Cautious

▶ Social

Tech- Savvy ▶

Multi-Taskers ▶

Less Focused ▶

Interactive ▶

Philanthropists ▶

With the above information about Gen Z, it's easier to understand their hobbies, interests, or reactions to certain things. Let these teens interact with their friends, accept the fact that they may have a shorter attention span, and be interested in their passions, whether that's film making or giving back to the community. Get to know your teen and see the fruit that will come from that intentionality.



## ACTIVITIES TO TRY WITH YOUR TEEN

- ▶ Helping them with a video or photo project, get involved in what they're creating.
- ▶ Take day trips together to new places. Go bike riding, swim at the beach, or visit a new coffee shop!
- ▶ Do some volunteer work together! Many teens want to give back, and this is a great way to make a positive impact in the community.

FOR MORE RESOURCES LIKE THIS, VISIT:



[EPICHealing.org](http://EPICHealing.org)

