

Most adolescents want to spend more time with their parents, and believe they would be happier if they spent more quality time with their parents and other adults that care for them.

Although teens are often painted as deeply influenced by their peers, 80% of adolescents say the most essential relationship in their life has to do with a parent or other family member. Five out of six teens chose their parents over their own friends as the most influential and most important relationship. (Horatio Alger State of Our Nation's Youth survey NDRC, at the University of Chicago, 2012)

Suggestions for spending quality time with your teen:

- Keep it simple: go for a walk, share a meal, play a game, or watch a movie together.
- Ask your teen to explain to you their favorite form of technology and ask them to show you how to use it.
- Unplug while talking to your teen. Get off your computer or put away your phone and take time to really listen. Show them you are interested in what they have to say.