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Communication Skills For Teens: How To Listen, Express, And Connect For Success (The Instant Help Solutions Series)



Synopsis

Communication is an essential life skill that every teen must learn. Based on the New Harbinger classic, *Messages*, this book will teach you the necessary skills—such as assertiveness, active listening, and compassion—to become an effective communicator for life. In an age of social media, texting, and ever-evolving technology, it's easy to forget how to engage in real, face-to-face communication, a critical skill for your future success! As you become more connected to your smartphone and the internet, your ability to connect in person may diminish. But technology doesn't replace the need for effective communication skills. In fact, successful personal and professional relationships are dependent upon connecting with people face-to-face. *Communication Skills for Teens* provides the guidance you need to become a better communicator and succeed in all areas of life. You'll also learn tons of essential life skills, including active listening, assertiveness, clarifying language, the art of an apology, compassion, interviewing skills, family communication, and more. Each chapter focuses on one key aspect of communication, offers a real teen's perspective, and includes practical exercises to help you apply what you've learned in the real world—away from your computer and smartphone screens. By following the practical, skills-based tips in each chapter of this book, you'll learn powerful communication techniques to last a lifetime.

Book Information

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Customer Reviews

Gr 9 Up • A communications toolkit for teens, most of whom have grown up with technology

and may be in need of some life lessons on the importance of face-to-face communication. Interspersed throughout are helpful tips and stories from Kelly Skeen, the teenage daughter of author Michelle Skeen. The writers lay out simple steps, highlighting the significance of listening to others, learning to express thoughts and feelings clearly, and understanding others' perspectives. The second half features tips for effectively communicating in different circumstances, such as academic, career, and sexual situations. Like other titles in this series, the book provides easy-to-follow exercises and will be most useful to those relying on it as a how-to manual. VERDICT A valuable option for improving communication skills, especially as a reference for counselors or teachers. — Elaine Baran Black, Georgia Public Library Service, Atlanta

— “Many young adults feel insecure in their ability to engage and exchange ideas and are often flummoxed by messages they did not mean to send. Therapist [Michelle] Skeen, professor — Matthew McKay, mental health writer Patrick Fanning, and college student Kelly Skeen offer older teens a targeted version of their everyday text messages, which covers such skills as assertiveness, active listening, and compassion. — An inside look into where and why, when it comes to conversing, young people encounter difficulty. Recommended for high schoolers through adult. — Library Journal — “I can’t think of a teen, or even an adult, who wouldn’t benefit from reading this book. Teens will appreciate the enjoyable flow as well as the relevance of the information and voice. Page by page, easily absorbed concepts increase social intelligence while simply presented tips and strategies increase communication skills. Before I knew it, I was completely through the book and communicating more effectively myself, with more awareness and depth of presence. Yes! — Lucie Hemmen, PhD, licensed clinical psychologist, author of — Parenting a Teen Girl — and — The Teen Girl’s Survival Guide, and mother of two teen girls — “Communication Skills for Teens — is brimming with tools for success. Do you know how to express your needs without stepping on toes or cheating yourself? How to handle hidden agendas? How to get past your jitters and break the ice with new people? This book answers these questions and so many more. It is more than a practical book for teens; it’s a great communication book for anyone. It will be required reading for my young daughter — as soon as I’m done with it! — Shawn T. Smith, PsyD, author of — The User’s Guide to the Human Mind — “Communication Skills for Teens — provides practical skills that you can use right away to listen and speak more clearly, more effectively, and with less chance of unnecessary hurt feelings and misunderstandings. The real-life teen examples will illustrate how you can use these

skills in your everyday life to develop stronger and happier relationships with your friends, peers, parents, and adults.

• Dzung X. Vo, MD, author of *The Mindful Teen* “Michelle and Kelly have made the guide for interpersonal effectiveness. As a therapist, I will be recommending this book to teens, parents, and adults. Their tone is genuine, the stories are real, and the tools are invaluable. In today’s digital world, communicating can be difficult. This book gives you the tools to feel secure in any interaction you face online or in person.”

• Emily Roberts, MA, LPC, psychotherapist and author of *Express Yourself* “This is the missing manual so many of us wish we’d had in our confusing, turbulent teenage years. Even as an adult, I walked away with more effective communication skills for myself as well as my teen clients.”

• Christopher Willard, PsyD, author of *Child’s Mind* and *Mindfulness for Teen Anxiety*, Cambridge Health Alliance/Harvard Medical School “In a world that has evolved into a culture of disengagement, it’s refreshing to see such a thoughtful tool that both teaches and encourages teens to authentically connect with one another. The *Communication Skills for Teens* workbook offers excellent, relatable activities to help teens learn the art and skill of sound communication.”

• Julia V. Taylor, MA, author of *The Body Image Workbook for Teens*, *Salvaging Sisterhood*, and *Perfectly You*, and coauthor of *G.I.R.L.S. (Girls in Real Life Situations)* and *The Bullying Workbook for Teens* “A great resource for parents and professionals wanting to understand and help teens to communicate. The addition of a teen as a coauthor provides a unique and down-to-earth reflection on key communication styles. [Communication Skills for Teens] goes beyond active listening to provide a comprehensive range of communication patterns and situations. [The book] explains step by step the different ways we communicate our feelings, needs, and beliefs, and then provides exercises to help young people practice the skills.”

• Louise Hayes, PhD, clinical psychologist, academic, and coauthor of *The Thriving Adolescent* and *Get Out of Your Mind and Into Your Life for Teens* “Learning healthy and effective communication skills at an early age is one of the best tools for creating success in life. This book is the perfect guide for teens. The authors’ wise advice can be implemented immediately. I highly recommend *Communication Skills for Teens*, not only for adolescents, but for their parents and teachers as well.”

• Alan C. Fox, author of the *New York Times* bestseller *People Tools*, *People Tools for Business*, and *People Tools for Love and Relationships* “Communication Skills for Teens is an invaluable and solid resource for helping teens navigate through life by teaching them the fundamentals of effective communication. Many of today’s teens heavily rely on social

networking and social media outlets as a means to connect and express themselves. These electronic devices will never replace the value of face-to-face interactions. *Communication Skills for Teens* provides a wealth of information to help teens master the art of in-person communication. This is a book that every teen would benefit from reading!

•Raychelle Cassada Lohmann, MS, LPC, counselor, author of *The Anger Workbook for Teens*, and coauthor of *The Bullying Workbook for Teens* and *The Sexual Trauma Workbook for Teen Girls*

This workbook has good information I can share with my clients. As an older therapist, it is sometimes difficult for teens to trust what is reviewed during sessions. This book helps to reinforce the information since it is written in the voice of being from one teen to another.

This book is a perfect guide for both teens and parents to understand necessary skills to navigate these confusing years. I loved the perspective of both mother and daughter with Dr. Skeen mainly contributing and incorporating her own daughter who writes parts of the book as well! How cute! If you are struggling at all with this communication issue, I strongly recommend keeping this book around the house as a resource for you and your teen.

My daughter (13) finds it good! I also use it in my practice! Double bonus!!

This is not a workbook but a co-authored book between parent and child. Therefore, I found it difficult to apply as a therapist for teens as they would have to read on their own or we would have to read during a session. I was looking for something for activity or skill based and this was more narrative/advice giving style writing. Not many teens want to read "self-help" books.

This book is part of a series of teen-targeted help books on topics like communication, anxiety, self-esteem, depression, etc. The book explains the still highly needed skill of communication even in today's highly digital and technological age. Skills like active listening, self-disclosure, expressing your needs, recognizing your hidden agendas, clarification, assertive communication, making new connections, sexual communication, family communication, and interviewing skills. The book can be read according to need, flipping to the desired chapter or as preferred read all the way through as most skills are needed. I liked that the book not only explained what the different types of communication include but also how to achieve them. Active listening for example would entail

listening to understand them, to enjoy and appreciate the other person, to learn more about them, and to help via assistance or support. This is contrary to most of the cultures way of listening and getting distracted, just to let the other talk or wait for their turn to talk and voice their opinion. It also helps that there is excerpts from a teenager (Kelly Skeen) on the application of each concept and exercises for the reader to apply the newly learned skill. I really liked the layout. Very user-friendly with its organization into bullet points, subheadings, explanations, applications, exercises, etc. It made for a much more clear and quick read because it lost the fluff and was to the point. I was a little suspicious about sexual communication chapter, but in this day and age, or rather with how people in general are, it laid out some very important topics about when, why, knowing the emotional consequences as well as the physical consequences, going to parents about questions and examining if your actions match your values or the values you want to have. Still I would have liked more on the consequences and the importance of both age and maturity. I once was given the advice of don't do anything you are comfortable talking about. Are you old enough to handle and support any possible outcome of your actions? this question was not asked, but still for a non-religious resource it gave a lot of good advice on all aspects of communication and is practical for people of all ages, not just teens.

Communication Skills for Teens is a focused book discussing ways to deal with difficult situations as they relate to interpersonal skills. Written for teens, it doesn't talk down to them nor go over their head; it is straightforward and uses examples and sample situation to help illustrate the points. The addition of the author's daughter's experiences and how she handled situations add an effective peer-to-peer perspective. I chose this for my 12 year old who is starting middle school so she can get a heads up on working with others through the difficult teen years. The book breaks down as follows: Introduction, how to really listen, Letting others know you, Expressing what you feel and need, Recognizing hidden agendas, Understanding your beliefs and the beliefs of others, Assertive communication, Making new connections, Sexual communication, Family communication, Communication for academic and career success. Each chapter has an introduction, little call-outs from daughter Kelly, information on how communication on the topic is problematic, tips and examples for dealing with situations, and then a 'putting it all together' summary. What was important is that the examples were very relatable - both my daughter and I were able to identify several instances where friends/family had fallen into communication traps recently and in the past. It made for great discussions on how her friends are changing now with puberty. There is a bit of CBT (cognitive behavior therapy) in the form of keeping a notebook to write down instances where

communication problems occurred. Although my daughter is 12 and therefore won't have need of the sex or job communication skills, nearly every other part of the book was highly useful and very useful to situations in which she'd found herself - even at that young age. Moreover, she had no problem reading and understanding the topics contained within. I found this to be a very useful book on a very focused topic that is so valuable. From making to keeping friends to interviewing for jobs, there are some really good points made using effective and relevant examples. For us, since my daughter is young, we were able to discuss the chapters together; even so, this is a book that is useful when read on its own as well. Reviewed from an advance reader copy provided by the publisher.

Featuring an overview of how to effectively communicate including listening! What book for teens wouldn't be effective if it didn't have a teen weigh in on every topic? I like that the author's teenage (college-aged) daughter provides the reader real-life examples. This book went into more than the basics of communication, with the three key communication style featured and discussed (passive, passive aggressive, and assertive) and was still written in a simple, clear-cut language and teens would enjoy and benefit from.

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