

THE PARENT & TEENAGER RELATIONSHIP ASSESSMENT



Teenager's Assessment of Parents

Instructions: Below is an assessment that will allow you to gauge how you see your relationship with your parents during this time of your life. The purpose of this exercise is to see how you view your relationship with your parents and then for your parents to take their assessment of you and for you both to verbally compare the results. This is not for a grade nor are any of the results seen by me as their teacher. It is simply an activity to open dialogue between teenager and parent if you choose to do so. Many students and parents in the past said it was beneficial to see how each other views their relationship.

Here is the process:

A. Label each of the statements with the following ranking:

- 1-Absolutely Not!
- 2-I Don't Think So
- 3-Sort Of
- 4-I Think So
- 5-Definitely!

B. Figure out the calculation when completed

C. Talk to each other about the results

- ___ 1 My parents think about how I might feel in sensitive situations
- ___ 2 There are many times when running away from home seems like a good idea
- ___ 3 I usually feel like my parents are trying to make me do things I don't want to do
- ___ 4 I think my parents think I'm a pretty good person
- ___ 5 I think my parents feel that, based on what I've done in my life, I'm doing OK
- ___ 6 I wish my parents had more respect for me
- ___ 7 I sometimes worry that my parents don't like to have me around
- ___ 8 I know what my parents think of me
- ___ 9 My parents usually respect me and the ideas I have
- ___ 10 My parents respect my what I plan to do in the future
- ___ 11 I think I would be happier if my parents didn't put so many restrictions on me
- ___ 12 I usually don't have to make excuses for my parents regarding things I have done
- ___ 13 I panic when I have done something wrong because my parents will flip out!
- ___ 14 I sometimes think that my parents don't really like me
- ___ 15 My parents often give me a hug and tell me I'm doing well
- ___ 16 I usually don't express my opinions to my parents because they usually disagree with me
- ___ 17 I can talk with my parents about just about anything (relationships, peer pressure, etc.)
- ___ 18 I feel better when my parents plan my day for me
- ___ 19 When my parents criticize me I scream, slam doors, or give them the silent treatment
- ___ 20 I will anything I can to avoid an argument with my parents
- ___ 21 Even though my parents might disagree with some decisions I make, I feel they trust me
- ___ 22 I get mad when my parents try to tell me what to do or talk about my friends
- ___ 23 My parents understand me know whether I'm in a mood to talk or not
- ___ 24 My parents expect too much of me

Calculation:

Supportive Statements:

1, 4, 5, 8, 9, 10, 12, 15, 17, 21, 23

Non-Supportive Statements:

2, 3, 6, 7, 11, 13, 14, 16, 18, 19, 20, 22, 24

Add up the scores given for the supportive statements:

Total = _____

Add up the scores given for the non-supportive statements:

Total = _____

Subtract the total for non-supportive statements from the supportive statement scores and add 50

Example:

Supportive Statements:

35 total

Non-Supportive Statements:

-51 total

-16 + 50 = 34

Here is the scoring:

★0-39 = Relationship could be improved

★40-60 = Satisfactory relationship

★61-100+ = Very good relationship

Supportive Statements Total

Non-Supportive Statements Total

- _____

Total = _____ + 50 = _____

Parent's Assessment of Teenager

Instructions: Below is an assessment that will allow you to gauge how you see your relationship with your teenager during this time of your life. The purpose of this exercise is to see how you view your relationship with your teenager and then for your teenager to take their assessment of you and for you both to verbally compare the results. This is not for a grade nor are any of the results seen by me as their teacher. It is simply an activity to open dialogue between teenager and parent if you choose to do so. Many students and parents in the past said it was beneficial to see how each other views their relationship.

Here is the process:

A. Label each of the statements with the following ranking:

- 1-Absolutely Not!
- 2-I Don't Think So
- 3-Sort Of
- 4-I Think So
- 5-Definitely!

B. Figure out the calculation when completed

C. Talk to each other about the results

- ___ 1 I think about how my teenager might feel in sensitive situations
- ___ 2 My teenager considers running away from home a good idea sometimes
- ___ 3 My teenager thinks I try to make them do things they don't want to do
- ___ 4 I think my teenager is a pretty good person
- ___ 5 I think my teenager is doing OK with their life so far
- ___ 6 My teenager wishes I respected them more
- ___ 7 My teenager worries that sometimes I don't like having them around
- ___ 8 My teenager knows what I think of them
- ___ 9 I respect my teenager and their ideas
- ___ 10 I respect my teenager's plans for their future
- ___ 11 My teenager would be happier if I didn't put so many restrictions on them
- ___ 12 I don't feel my teenager needs to make excuses to me for things they have done
- ___ 13 My teenager panics when they do something wrong because they know I will flip out!
- ___ 14 My teenager thinks I don't really like them
- ___ 15 I give my teenager a hug and tell them they are doing well
- ___ 16 I usually disagree with my teenager, therefore, they don't usually share opinions with me
- ___ 17 My teenager can talk with me about anything (relationships, peer pressure, etc.)
- ___ 18 My teenager feels better when I plan their day for them
- ___ 19 When I criticize my teenager they will scream, slam doors, or give me the silent treatment
- ___ 20 My teenager does anything they can to avoid an argument with me
- ___ 21 Even though I may disagree with some my teenager's decisions, I still trust them
- ___ 22 My teenager gets mad when I tell them what to do or talk about their friends
- ___ 23 I know when my teenagers is in a mood to talk or not
- ___ 24 I expect too much out of my teenager

Calculation:

Supportive Statements:

1, 4, 5, 8, 9, 10, 12, 15, 17, 21, 23

Non-Supportive Statements:

2, 3, 6, 7, 11, 13, 14, 16, 18, 19, 20, 22, 24

Add up the scores given for the supportive statements:

Total = _____

Add up the scores given for the non-supportive statements:

Total = _____

Subtract the total for non-supportive statements from the supportive statement scores and add 50

Example:

Supportive Statements:

35 total

Non-Supportive Statements:

-51 total

-16 + 50 = 34

Here is the scoring:

✱0-39 = Relationship could be improved

✱40-60 = Satisfactory relationship

✱61-100+ = Very good relationship

Supportive Statements Total

Non-Supportive Statements Total

- _____

Total = _____ + 50 = _____