



TIPS TO EMPOWER A STUDENT TO OPEN UP

FREDDIE ALMAZAN



contents

1

I N T R O D U C T I O N

3

6 T I P S T O
E M P O W E R A
S T U D E N T T O
O P E N U P

7

T H E O U T C O M E

9

T H A N K Y O U

1

C H A P T E R

1

It can be frustrating when trying to talk to a teen who refuses to talk back to you. Even more so when a teen makes it clear that s/he doesn't want you around.

I know because I used to be one of those teens, and to be honest, not many of the adults in my life liked being around me. You've heard the saying, "what you don't talk out you act out," right?" That was the story of my life. I was loud, I was obnoxious, I got kicked out of class, many times, I made rude comments at my teachers, I said hurtful things to friends, etc., etc. -I wasn't very fun to be around.

Truth is, I was afraid to open up to people because I feared being rejected. So I rejected others before they could reject me.

Over the course of my career, however, working as a motivational youth speaker and speaking to thousands of teens and young adults, and even from my own experience as a troubled teen, I learned how to best talk to teens so they feel empowered to open up.

The following chapter contains my top 6 pieces of advice to help you do the same, when speaking with students.

2

CHAPTER

2

Tip 1: Express interest in their interests.

This one I learned from the caring adult in my life. He showed interest in the things I liked. Horror movies and Twilight, for instance. He didn't necessarily like the things that I liked. He just asked about them. Over time, I naturally wanted to talk to him even more.

Tip 2: Start the conversation by showing interest in their day.

When the caring adult in my life, showed interest in me by asking questions like, "how was your day" and then asking me follow-up

questions, I naturally felt inclined to open up even more, and thus, the conversation would lead to what was bothering me the most.

Tip 3: Lead by example by expressing vulnerability first.

From my experience as a young adult, the reason I would ever open up and share something personal was when someone else did it first. For some reason, when people open up and share it makes others want to open up and share, too. I think it is because when we see others be brave it reduces our anxiety and makes us want to be brave, too.

Tip 4: Do not judge or offer advice.

It always frustrated me when I shared something personal with someone, and s/he automatically labeled my feelings as bad or gave his/her own opinion about my feelings. It made me feel like I was the villain and it made my desire to close myself off to others even stronger. It frustrated me, even more, when people felt inclined to offer a solution, rather than just listen.

Tip 5: listen and do not interrupt.

Whenever I shared something close and personal with someone, the minute that s/he interrupted me, I immediately felt rejected and dismissed the conversation.

Tip 6: thank him/her for sharing.

I learned this one from the caring adults and friends in my life. Being vulnerable isn't easy. It takes guts. By being vulnerable, we risk being rejected. But whenever someone thanked me for being vulnerable, I felt valued, listened to, and understood. That encouraged me to want to share, even more, in the future.

3

CHAPTER

3

Unfortunately, not many people know how to talk to teens. In my case, I tried my best to prove to others that everything was okay. I even convinced my therapist that my life was great. But because I never really opened up to people and talked about my deep emotional issues, the pain that I felt built up inside and I acted out. I was depressed, I self-harmed, and I even attempted suicide. -Twice

The only person who was able to get me to open up was the one caring adult in my life, because he showed interest in my interests, didn't judge me, and didn't offer me his insights. He just LISTENED to me and expressed empathy and understanding. And because I was able to open up to him and be completely vulnerable, I was able to identify my problems, pursue tangible solutions, and move towards a future of success.

Now, practice using these 6 tips to empower your students to open up

Thank You!



I'd like to thank you for taking the time to check out my 6 tips to help empower a teen to open up! I hope you found it valuable and can use it as a guide when trying to talk to a student.

If you received this guide without subscribing to

my email list (which is okay because I know people like to share things like this) then please head over to freddiealmazan.com and subscribe to my email list, in order to receive more valuable information from me. You can also follow me on Instagram @freddiewithanie to see the cool things I have been up to.

Lastly, if you enjoyed my content please share it with a friend.

Best of luck, and I look forward to serving you again!

Disclaimer

The information contained in this guide is for informational purposes only. I am not a psychologist or a professional in the mental health field. Any advice that I give is my own opinion based on my own experiences.