

Mary Reynolds

JEDI Mind Trick

What You Can Sneak In To Keep Teens Safe

LET'S
TALK



Ask for a minute of their time to do your adult thing!

I need to have a talk with you right now so I can feel like I'm doing my job as your mom, dad, teacher, grandparent, etc.

01

LISTEN.
LISTEN...



I know you already know this, and ...

I will feel much better knowing that I've taken this opportunity to tell you what I think is important that you know - even though you most likely already know it.

02



Give them directives you want them to lean into ...

Here it is: No matter what situation you may find yourself in, if it doesn't feel safe, it's probably not. Even if you are not where you said you'd be, you call me and I'll come get you and I promise to not be mad and to hear you out.

03

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