

YSA QUESTIONNAIRE

200 YSA responded to a questionnaire:

#1 How did your parents show that they were listening to you?

What did you like about the way your parents communicated and listened to you

RESPONSES:

*One on one time, giving personal time for me alone.

*They involve me with the family.

*Quality time: Activities, family togetherness, camping, etc.

*I took my father on a date and my mother waits up for me-gives us both one on one talks.

*Family Councils

*Date nights with my dad. Showed they cared and were listening.

*Giving personal time for me alone.

*They gave me their undivided attention

*Passionate about things I am passionate about.

*I liked how they made me feel important.

*Validated by feelings even if I was wrong or in the wrong.

*They gave me their undivided attention.

*They purposefully set aside time to be with me, and stepped away from distractions (work, house chores, phone, TV, etc).

*They put down things that would be distracting. Example: paused TV, put down book, took a break from cooking, cleaning. Put away phones.

*Asking me in an inviting way, if anything was off at time and when I did talk they gave all their attention.

*Ask personal/relevant questions & wait for a response.

*Eye contact.

*Effective feedback, basically summed up our conversation.

*They asked questions & remembered important things in my life & talked to me about it.

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- *They responded to what I was saying.
- *Follow up later.
- *Validated my feelings even if I was wrong or in the wrong.
- *My parents show they listen by following up with a conversation we had & by reaching out to me after talking with them.
- *Made physical contact, respond back (full sentences, not just "uh-huh").
- *Give advice/share a similar story/situation.
- *They remember things I said before.
- *My parents would sit down whatever project they were working or invite me to help them and they would ask me follow up questions.
- *They always support what I am wanting to do and they continue to bring up my goals & ambitions.
- *When I call them they always answer.
- *They acknowledged me and made eye contact and were involved in the conversation.
- *They showed interest and importance to what I said.
- *They allowed me to express all of my thoughts and feelings without interrupting.
- *When they did listen they would pull us aside, that way we would have privacy.
- *Give me all options-but ultimately it's my choice.
- *Restate what I said to reassure me they were listening.
- *Sometimes I felt they weren't listening, but they would show later on with their actions they they were listening.
- *Establish a relationship of honesty & trust so I feel very comfortable approaching them.
- *Willingness to be available when I need to talk.
- *They didn't depend on me coming to them-they came to me.
- *Communicate with respect.
- *Calm and thoughtful.
- *No scolding or judgment.
- *It was sincere.
- *Never judgmental.

YSA Questionnaire

*Repeatedly told I am loved & they are proud of me.

*I liked how they made me feel important.

*Supportive of all ideal/offered thoughts.

*They stopped what they were doing & made eye contact with me & engaged themselves in the conversation.

*It was hard to find time I felt they were listening. The best way for me happened as I wrote them notes or letters. I found it easier to gather my thoughts and feelings and express them. They would sometimes write me back. Going on walks around the neighborhood together was another good way.

*They would not only talk directly to us but try to keep up with the ways we liked to communicate such as FaceTime, snapchat, etc. Not many people have a snapchat streak with their parents! *Mom uses past experiences to teach me how things go.

*Honest & straight forward opinions/perspectives.

*My mom would ask if I wanted her opinion or if I just need to talk.

*Gave full explanations of why such & such is a good or bad idea.

*I like that they were willing to give me their real opinions & advice, but respectful of my opinion. *They help me with the things I'm struggling with. They also then teach with the Gospel & help me understand that Christ is always there with me and will forgive me.

*They would often relate it to the gospel-help me know that Christ is always there and will forgive me.