

# Parent Questionnaire: Understanding Your Teen

Name: \_\_\_\_\_ Child's Name: \_\_\_\_\_

Address: \_\_\_\_\_ Child's DOB: \_\_\_\_\_

\_\_\_\_\_ Child's Sex:    M    F    Non-Binary    Transgender

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## About Your Teenager

### Describe Your Teen:

What are their interests?

What are their passions?

Do they have a friend group? If so, describe their friend group.

How are they involved in school (e.g., clubs, sports, activities)?

What do you feel they struggle with in school?

What do they struggle with personally?

What do they struggle with at home?

What are their strengths and weaknesses?

What do teachers say about them?

What do neighbors say about them?

What do teachers, coaches, administrators, youth directors, or any authority figure say about them?

Do they struggle with authority figures? If yes, explain who, why and how:

Is your child an introvert or extrovert?

### Emotional and Behavioral Patterns:

Please answer and offer an explanation to help me understand your child better.

What tends to anger them?

What tends to make them happy?

**Do they exhibit any of the following signs? (Circle all that apply and explain):**

Depression

Unhappiness

Rejection

Bullying

Being Bullied

Isolation

Fears

Anger

Anxiety

Loneliness

Frustration

Sadness

Unworthiness

Attention-seeking behaviors

Sexual acting out

Lying

Skipping School

Sneaking Out

Legal Issues

Obsessive behaviors

Over-thinking

Self-sabotaging

Embellishing the truth

Dramatic behavior

Social butterfly

Over-achieving

Perfectionism

Smoking tobacco

Vaping tobacco

Vaping weed

Smoking weed

Prescription drug use

Any other drugs

Fear of failure

### **Family Dynamics**

Please answer and offer an explanation to help me understand your child better.

Who lives in your home?

Marital status of parents: Married / Divorced / Other

Where does the biological father live?

Where does the biological mother live?

Does your child have a relationship with both parents?

Who does your child admire and respect?

Who does your child listen to?

Describe the relationship your child has with you.

Describe the relationship they have with the other parent.

Are there step-parents involved? If so, describe their relationship with the child.

Are grandparents involved in your child's life? Describe their involvement and the relationship.

Are there siblings? Describe their relationship with your child.

Is there verbal fighting, physical fighting, or mental conflict in the home?

Is there substance abuse, alcohol or other substances that are abused in your home?

Do you the other parent's family have alcoholism or substance abuse in their roots?

If you have a significant other, does your child seem to take precedence over the relationship?

Have you ever been told they do? Precious question.

Do you feel you have one child who would be labeled the "prize child?"

Do you have one child who seems to be known as the troubled child?

Who is in charge at home? Describe.

Does your child show respect? Do you require respect? Describe.

Are you "friends" with your child?

Do you allow your child to smoke weed, vape, or drink? Describe.

Is your house a safe place for your child?

Does your child respect your rules and boundaries? Describe.

What boundaries do you instill with your child?

Is your child allowed to have a voice in your home? Explain.

Has your child changed since their teenage years? Describe.

Describe your child as a young kid and in middle school.

What are your child's goals? What matters to your child?

Does your child hold themselves accountable?

Do you argue with your child?

Do you allow them to have a voice in your home?

What makes you angry with them?

What makes you fearful?

Do you trust your child?

Do you feel your child "tells" you everything?

Do you feel you and your child have a close relationship?

Does your child confide in you?

Do you confide in your child?

Does your child know a lot about your personal life? Maybe too much?

Do you allow your child to call most of the shots?

Does your child wear you down so you finally give up?

What do you see as functional in your home?

What do you see as dysfunctional in your home?

What do you feel you need to change as a parent?

What do you feel your partner needs to change as a parent?

Who is your support network?

What do I need to know about your child that has not been covered?

Thank you for taking the time to provide this information. Your insights are invaluable in helping us understand and support your teenager better.