

## SUPPORTING TEENS THROUGH PCS

GOAL:

### Maintaining current friendships and making new connections

1. **Share news honestly** and on your teen's level.
2. **Ask** about important factors for them related to the move.
3. **Gather** contact information and plan time to connect. Consider time differences.
4. **Explore** new location electronically as a family before moving.
5. **Reserve time** to explore the area after moving.
6. **Check in** about emotional responses and adjust plans, as needed.

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➤ *Open your arms to change*