










# Reading Tips

## for Young People Ages 12 to 18

Reading can be a great asset-building activity for people of all ages. It not only builds asset 25: Reading for Pleasure, but the right books can contribute to the development of many other assets, including 1: Family Support; 3: Other Adult Relationships; 6: Parent Involvement in Schooling; 14: Adult Role Models; 15: Positive Peer Influence; 20: Time at Home; 21: Achievement Motivation; 22: School Engagement; 26–31: the Positive-Values assets; 32–36: the Social-Competencies assets; 39: Sense of Purpose; and 40: Positive View of Personal Future.

The interests and insights of two 14-year-olds, not to mention a 13-year-old and a 16-year-old, can be radically different. Some feel ready to read adult books; others avoid reading altogether. Do your best to influence and inspire rather than control what your child reads. Your example, your enthusiasm, and your past efforts to raise a lifelong reader will serve you best in promoting and preserving the reading habit. Here are some tips for helping teenagers get the most out of reading:

-  **Create a reading-friendly environment.** Leave irresistible books and magazines in conspicuous places—the bathroom, bedroom, den, or car.
-  **Turn off the TV.** TV is the biggest distraction from active engagement with books *and* life. Limit other “screen time” (e.g., video and computer games) as well.
-  **Make reading a family priority.** Set aside regular individual or family reading times.
-  **Give books as gifts on special occasions.** Use books to commemorate accomplishments, wins, birthdays, holidays, or rites of passage.
-  **Know your reader!** Subscribe to a magazine that reflects your teen’s interest in music, sports, cars, pop culture, or other topic. Provide books with stories or themes similar to ones your teenager has enjoyed in the recent past.
-  **Seek out lists of recommended young adult (YA) titles.** The American Library Association, for example, publishes lists of popular YA titles with fine writing, favorite authors, and themes of great interest to readers of this age-group.
-  **Create opportunities to read aloud.** Excerpts from books, riveting poems, or readings of family members’ own writing all add memories and a shared frame of reference.
-  **Keep new books coming.** Look for biographies (with true tales of individuals’ struggles to prevail and find their path), humor, poetry, nonfiction, realistic fiction, science fiction and fantasy, books about growing up, and books that inspire new ways of seeing/knowing/relating.
-  **Trust your teenager’s choices.** Some teen fiction may have objectionable language, frank subject matter, frightening plots, or banal story lines. Talk with your teenager if you have concerns, listen to understand your teenager’s point of view, but in most cases, let her or him decide what to read.