

PDA Homework Scripts (Teen Edition)

Short phrases that reduce threat and help your teen start and finish homework.

Why homework triggers PDA

- Homework stacks demand + evaluation + time pressure
- Freeze can look like procrastination or defiance
- More prompting = more threat = more resistance

Parent nervous system first

- Pause before you speak. Lower voice + pace
- Lead with calm, not urgency
- Problem-solve only when regulated

PDA-safe opening scripts

- “Want to do the easiest part first?”
- “Help starting or want privacy?”
- “We can do 5 minutes then reassess.”

When he says “No”

- “Okay. Not arguing. What feels doable?”
- “Do you want option A, B, or C?”
- “I’m on your team. Let’s make this smaller.”

Make it smaller (micro-steps)

- “Open the laptop. That’s it.”
- “Read the first question only.”
- “Answer with voice-to-text, not typing.”

Exit + repair (protect relationship)

- “We’ll pause and come back at ____.”
- “I love you. I’m not disappointed in you.”
- “Tomorrow I’ll help you email the teacher.”