



HOW TO GET MY TEEN TO READ

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Why Aren't They Reading?

I love bingeing. I'm not sure if that's something to be proud of or scared of—I'm just trying to be honest here. Whether it's bingeing on Netflix, chips, or work, I have the type of personality where I'll easily find myself engrossed and consumed in what I'm doing.

Well, actually, let me clarify. I don't binge everything—I don't binge on eggplant, working out, or yard work. I only binge on the things that I love and am passionate about.

So maybe *that's why* you don't find your teen reading (unless they have to for school). Have they cultivated a passion and love for it?

Examples To Get Started

Since nagging your teenager to simply read more doesn't work—if it does for you please let me know what silver bullet you used—we have to go about it in a different way. So why not start with what they're passionate about? With what already captures their attention and interest?

For example, if your teen loves to play video games, why not buy them a book about gaming? Not a strategy or tactics manual, but a book about its founders, the psychology behind it, and how it's affecting us, like *Reality Is Broken: Why Games Make Us Better and How They Can Change the World* by Jane McGonigal.

Or if your teen always finds themselves on Netflix, why not get them a book that outlines the way the company started, how they beat Blockbuster, and what they're doing to stay relevant today? Gina Keating's *Netflixed: The Epic Battle for America's Eyeballs* is an example.

If your teen is an athlete and loves competing, there are several biographies that can be simultaneously inspiring and sobering. Reading books like the following will help your child translate their love for the sport into a love for reading: Andre Agassi's *Open: An Autobiography*, Phil Knight's *Shoe Dog: A Memoir by the Creator of Nike*, or *Wooden: A Lifetime of Observations and Reflections On and Off the Court* by the legendary college basketball coach John Wooden.

Reading Is Like Finding Your Ice Cream Flavor

Here's what I'm trying to say. In order to get your teen to read, you need to start with their area of passion, and then move on from there. Reading is like sampling flavors before buying an ice cream cone—there's a book/flavor for everyone, you just need to try a few samples to find the right one.

So rather than forcing your teen to read in order to *earn* Netflix/YouTube/gaming time, or to earn the ability to text message with their friends or go out, why not start with what they're interested in?

Forcing anyone to do anything is the antithesis to cultivating a joy for reading.

So what is your teenager interested in? Start there.

