



Tips for Managing the Teen Years

1. Don't make assumptions about your teen's behavior. Talk to them, try to find out what they're thinking.
2. Risk-taking and rebellion are normal teenage behaviors. Arm them with information about the dangers and how to stay safe and protect themselves.
3. Curiosity about things like drugs, alcohol and sex doesn't mean the teen is engaging in that behavior. Provide them with facts and encourage their healthy curiosity in these topics.
4. Patience and understanding is required. You may need to have many conversations with your teen about the same issue. Don't give up!
5. Mood swings are normal during the teen years, but it's also the time when other mental health issues can surface. Reach out for support if you believe your teen has additional mental health concerns.
6. Listen to and value their thoughts and opinions on issues affecting them. This encourages open and honest dialogue when they know they can talk to you and not be judged.