

Teenagers in Distress



Becoming a teenager is a time of stress for both Teenagers and Parents alike. For the teenager it is a time of concern about acne, weight problems, menstruation, late development, early development, sexual arousal, school pressures, boredom, parental hassles, peer pressure, and money problems. It is a time of confused feelings, particularly in relationships with parents. For parents it is a challenge to keep a balanced perspective on their teenager's emotional roller coaster ride. It's easy to

Symptoms of Teenage Distress

The following symptoms should be considered serious by parents:

- ◆ Excessive Peer Dependence
- ◆ Abuse of Alcohol and/or Drugs
- ◆ Serious Depression
- ◆ Constant Conflict in All Areas of the Teenager's Life
- ◆ Irresponsible Behavior
- ◆ Aggression

Adolescents Need:

- ◆ Recognition as an Individual
- ◆ Structure and Consistency
- ◆ To Be Listened to and Taken Seriously
- ◆ Freedom and Flexibility to Try New Things
- ◆ Information and Feedback Which Helps Them Create a Picture
- ◆ To Resist Feeling Dumb
- ◆ Peer Approval and Acceptance
- ◆ Clearly Stated Consequences for Misbehavior
- ◆ Consistency
- ◆ Adult Figures to Model and Trust

What Can Parents Do?

- ◆ Try to Listen Calmly
- ◆ Give Your Child Undivided Attention During Conversation
- ◆ Develop a Courteous Tone of Voice in Communication
- ◆ Avoid Making Judgements
- ◆ Keep the Door Open on Any Subject
- ◆ Permit Expression of Ideas and Feelings
- ◆ Encourage Positive Self-Worth
- ◆ Don't Show Favoritism Toward Other Children
- ◆ Clearly State Consequences for Misbehavior & Be Consistent
- ◆ Put Yourself in Their Place

For Help With A Troubled Teenager Contact CONCERN® Services
513-891-1691 or 800-642-9794 (if outside the greater Cincinnati area)

www.trihealth.concernservices.com

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