

# 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

513-891-1627 / 800-841-5002

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