

# Parenting teenagers



## TOP TEN TIPS for parents and families

## Parenting teenagers

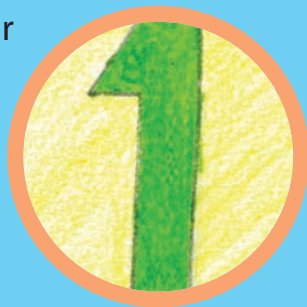
Being a parent is not easy.

The teenage years can be particularly difficult as teenagers may behave like adults one minute and children the next. Here are some **TIPS** which you may find helpful.

Remember you are not alone, for contact details of our free helpline see the end of this booklet.

## Conflict is normal

Your teenager is trying to establish their independence - listen to your teenager's point of view, be prepared to compromise and recognise that sometimes they need to 'win'. Decide what's worth taking a stand on and what isn't.



## Give clear guidelines

Set out clear guidelines about what is acceptable behaviour. Tell teenagers where you're going, who you're with and what time you will be back - expect them to do the same for you.



Teenagers need clear guidelines just as much as younger children - setting boundaries shows your teenager that you care.

## Respect their views

Don't expect teenagers to agree with everything you say. The teenage years are a time of testing opinions and people. Parents and teenagers have to move to a position where they agree to differ.

Your teenager is more likely to respect your views if you respect his/hers.



## Show interest

Let your teenager know that you are interested in what she/he does at home and at

school. Offer

support and guidance with school work and revision.



Keep an eye on their whereabouts, friends and relationships - but beware of turning interest into pressure.

## **Spend time together**

Spend time doing everyday things with your teenagers.

Have fun together - they'll soon be grown up.

Let them know you will always be there to offer comfort and support.



## **Make time for talking and listening**

Teenagers say that their parents do not listen to them. Let your teenager know that you have time to talk. Share your values with them but don't impose them. If your teenager wants to talk, make time to listen.



## Give them space

We all need time for ourselves. Teenagers need their own space, time for themselves and the right not to tell their parents everything about their lives. Respect your teenager's right to privacy and try to remember what it was like to be a teenager.



## Praise them

Praise them at every opportunity. Praise and encouragement promotes self esteem and confidence. If they do something that pleases you, tell them. Don't be afraid to tell them that you love them, even if you get no response.



## Share your life experiences

Let them know that you've made mistakes and tell them some of the things that



you would do differently if you had the chance.

Let them learn from the consequences of their actions - don't protect them too much.

## Treat all questions seriously

Remember that how you answer questions (on whatever subject) will affect how comfortable



they feel about approaching you in the future.

Just because your teenager asks you about sex doesn't mean that they are sexually active, pregnant or gay.

# OKtoAsk

If you need someone to talk to or require specific information on the teenage years, our free telephone helpline can help.

**0808 800 2222**

Lines open:

Monday, Wednesday, Friday

9am to 5pm

Tuesday and Thursday

9am to 9pm

or visit **[www.oktoask.co.uk](http://www.oktoask.co.uk)**



supporting families to support children

Parenting across Scotland (PAS) is a partnership of adult relationship and children's charities working together to provide a focus for issues and concerns affecting parents and families in Scotland.

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Funded by the Scottish Government  
Published May 08



Design Fiona Menzies, thanks to Jean, Max and Mischa for the drawings