

Bonus Tips

*This is an excerpt from
“You’re Empowered!
Parenting Teens with
Conviction, Communi-
cation and Love,” Audio
Program Workbook
by Sue Blaney.”*



Give ‘em a break.

Young teenagers are likely to feel scrutinized and judged by their peers on a daily basis at school; their extreme self-consciousness can impact their behavior.

Don’t take it personally!

If it feels as though your teenager is rejecting you, it’s probably not about you doing anything wrong. This is about him developing a stronger sense of himself that is separate from you. It’s about him developing his voice, his power. This is a positive developmental step—even though it can be hard on parents.

Don’t be pushed away.

instead renegotiate your relationship. Find new ways to stay connected that respect his/her growing needs for independence.

A desire for a strong sense of security

is often what is behind the high social walls separating groups in middle school. As confidence and maturity increase throughout the high school years, these social walls often come down.

It is the need to release

tension that sometimes drives loud and boisterous behavior. This is a common way for teenagers to express themselves.

Loud music can provide a place for kids to hide; it can override their painful self-consciousness and eliminate the need for talking. It can provide an atmosphere of brash, hip, cool—perhaps everything the kids want to feel inside, but don’t.

The veneer that teens

exhibit serves to intentionally separate them from adults. It also protects them, masking their self-consciousness and vulnerability.

The behavior you see at home

is not necessarily representative of the way your teenager behaves in public. Nor is it necessarily representative of his or her degree of maturity.

Kids need to de-stress and de-stimulate at home after a long and eventful day at school.

Make sure this environment is allowing her to recharge her batteries and build her sense of confidence.

Be a stabilizing influence.

Teenagers feel emotions at twice the intensity of adults. And they process a lot of information in their emotional center, rather than the logic center of the brain.

Teenagers need three things: love, boundaries, and power.

Parents who are proactively and age-appropriately meeting these three important needs are parents who are most effective in supporting their teen’s development. This is a parenting style the experts refer to as “authoritative parenting.”

“Authoritative” parents deliver and facilitate the following:

LOVE: they are affectionate, warm and responsive;

BOUNDARIES: they have reasonable, age appropriate, clearly articulated and consistent rules and they hold their teens accountable for them;

POWER: they help their teens develop their own sense of worth, voice and power.