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## Kings Langley Partnership of Schools

*Working Together to Prepare our Children for the Challenges of Tomorrow*

# Managing Teen Behaviour A Guide for Parents

## How Parents Can Understand the Teen years as a STAGE



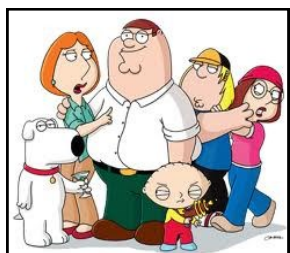
Parenting your teenager comes with many challenges, in particular the challenge of what can often be a dramatic change in communication. Being a parent of a teenager is tough. This is a time when parental confidence goes down. There are lots of challenges and difficult decisions to be made by both parent and child.

Teenage behaviour need not be a mystery. Although teenage behaviour may be puzzling, it can all be explained. You will experience the flip flop of emotions—one minute the teenager hates you and you are the worst parent ruining their life, the next moment they want to be close, asking for help or reassurance.

## Inside every teenager there is both a child and an adult.

- ◆ They are dependent and independent.
- ◆ They are mature and immature.
- ◆ At one moment they want to be free to do what they wish (adult) and the next they are scared and need support and guidance (child).

Parents of teenagers matter. Many parents feel they no longer matter, but parents do matter, just in a different way. Parents should not let themselves be pushed away. Every aspect of the teenager's life is affected by the way parents behave. The more parents are interested and involved, the better the outcomes and research also shows that teenagers very much want their parents' approval.



# Understanding the Teen STAGE



## **S—Significance**

The Significance of parents is key and parents matter, in spite of the fact that your teenager may send the opposite message. Without your support and concern young people will be lost. Teenagers need love, they need to be valued and they need to know they matter. If your teenager is pushing you away, telling you that you don't understand, don't let that put you off. Stay in there. Your teenager needs you.

## **T—Two Way Communication**

Communication involved both talking and listening. The way you behave influences your child. You will want to be able to communicate well with your teenager. Using two way communication will help you do this. Communication between you and your teenager is not you talking, or you asking questions. Your child will want to talk, but in a way that feels safe and secure FOR THEM. Avoid interrogation and show respect for the views of your teenager. Remember—don't expect your teenager to talk at exactly the times that are good for you. Sharing and activities together can help.

## **A—Authority**

The way you exercise your authority is central to everything else in your relationship with your child. You can be more or less responsive or more or less demanding in your expectations and in the boundaries and limits that you set, but ensure your child knows what they are and be clear about what they are. Authoritative parenting is where as a parent you are loving and caring, as well as being firm in setting appropriate boundaries. Do not try to control everything, focus on a few important things that really matter to you all.



## **G—Generation Gap**

You will judge your teenager based on your own experiences rather than by the circumstances of today's generation. The idea of what is normal may be different. Disagreement is not a disaster. You can still have a good relationship even though you may not have the same ideas about things. The more you can be open to another point of view, the better your relationship with your teenager will be.

## **E—Emotion**

You will experience many emotions in your relationship with your teenager—angry, sad, rejected, upset, worried. It is also important to recognise that your teenager will be experiencing their own emotions many of them new or confusing. Recognise and acknowledge your own feelings and the easier it will be to have a warm relationship with your teenager. Despite how they may appear, remember—they are not doing it to you.



**Teenagers still need structure, set limits, be consistent and don't give up.**

Information provided within this factsheet has been developed in conjunction with material available from Family Lives. For More information visit [www.familylives.org.uk](http://www.familylives.org.uk) or contact Student and Family Services on 01923 271744 or 01442 278793