



Tips for Teens #2 : May-June 2002

Finding the time

# TALKING WITH YOUR PARENTS\*: what if you can't?



As a teen, try to have another grown-up to talk to. Our parents are the number one adults we should try to talk to. But if it seems too hard to talk with your parents, try to talk to another grown up. That other grown up could be like a mentor to you or one of your cool peeps!

Examples of people you can talk to are your aunt, uncle, grandparent, teacher, counselor, family friend, etc. Talk with them about what they enjoy about you as a teenager. Ask them for their opinions about what are the strengths and/or weaknesses they might see while you are trying to talk with your parents. Try to get some suggestions about how to help out with the relationship you would like to have with your parents.

Again, if the conversations are too aggressive or even hard for you to handle, know it will take time. It will take MADD time and some commitment to strengthen the relationship of parent and teen.

Try to think tiny. Small steps are more likely to work...



## Yo what's with all the fighting?

Why are you and your parents arguing?  
Does it seem impossible to stop?

### Listen up, Don't Give Up!

It may seem ridiculous to even try to talk with your parents but *your parents need to hear what you have to say.*

A big step in creating a relationship and a better way to talk with your parents is to understand that you need to help them realize what it is like to be a teenager in 2002.

- **We, as teens, have more responsibility and are becoming more independent; For this we may feel pressured or rejected by our parents.**

Since we're young, we might make mistakes in judgment and break some rules. This is just our phase of leaving dependency and going into independence.

Some of what we go through, as teens, might be confusing to our parents. It would help us if parents knew we may:

- **Struggle with our identity; Have weird feelings about ourselves and our growing body**
- **Develop different interests and styles**
- **Be irritable, be moody**
- **Realize that our parents are not perfect as we thought they were.**

Our parents also make mistakes -- like we do. Parents may:

- Not have so much attention for us and might be rude some of the times because they too have a lot of responsibilities.
- Go back to acting childish when they might be stressed -- Meaning like they might whine or complain about things that are bothering them without explaining them.

\*Including anyone - grandparent, guardian, aunt/uncle - acting as a parent to a teen.



