

ADOLESCENT HEALTH & WELL BEING

13-18
YEARS

Adolescence is a time in a child's development that can be exciting and hard for both parents and teens. This is the transition from childhood to the independence of adulthood. It's normal for you to experience swells of every feeling and sometimes all at once. Moments of pride, uncertainty, and possibly feelings of failure are common while you and your child navigate these years. You are not alone. OneWorld is here for you.

FAMILY

- Spending time together with your teen is important. Find activities to do together that everyone enjoys.
- Remember you are your child's first role model.
- Encourage your teen to spend time out with the family even when there is not a structured activity.
- Try to plan a meal together at least one to two times per week. It can be difficult with busy schedules but will benefit your connection with your child.
- Talk to the clinical and/or social work team at OneWorld if you are worried about your living or food situation.



- Don't forget their teeth. They should brush twice daily, floss once daily, and see the dentist every six months.
- Praise your teen for their kindness, good decisions and accomplishments. Tell them you're proud.



TEEN'S FEELINGS

- Your teen is going through a lot. Help them deal with stress and conflict in a loving and positive manner.
- Take time to listen to your child. There will be times when they want advice, but sometimes all they need is a listening ear. Having an adult listen to their concerns will benefit their mood and stress level.
- Your teen looks to you as an example of how to solve problems, make decisions, and manage stress.
- School can be stressful. Help them navigate school performance issues and learn to advocate for themselves. Teachers are always willing to hear from and meet with families regarding their students.
- If you are worried your child is sad, depressed, anxious or angry all the time, make an appointment to talk to their clinician. Talk with your teen about how they're feeling. Call 988 or bring them to the emergency department if they need immediate help.



CHILD TO TEEN TO ADULT

- Help them find activities they enjoy. Kids with after-school activities are less likely to get into trouble.
- Teach them to give back to the community.
- Get the whole family out for physical activity daily. Aim for at least one hour per day.
- Avoid criticizing your teen's appearance.
- Keep healthy food options in the fridge and pantry. Try not to buy junk food like chips and soda very often.
- Teens need eight to ten hours of sleep per night. They tend to like to go to sleep late and wake up late - it's more natural for them.
- Your child's brain is not fully developed until their mid-20s, so they still need your help, especially with seeing the big picture.



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BEHAVIOR

- Get to know your teen's friends. It's normal if they seem to prefer their friends' company to their family.
- Praise them for their good decisions.
- If you are worried about their eating habits or body image, approach these topics with great care and compassion or talk to a clinician.
- Talk to them about your expectations around tobacco, drugs, sex and other sensitive topics.
- Keep alcohol and medications locked up. Keep weapons locked and inaccessible to your teen.
- Instruct them to never drive after drinking or ride with someone who has been drinking. That includes you.

