

# Parenting a Teen

Adolescence can be a challenging time, for both teens and parents. Communication is key for a healthy relationship.

**Respect your teen's opinions.** Nonjudgmental communication shows your love.

**Be honest and direct** when talking about sensitive subjects such as drugs, drinking, smoking and sex.

**Help your teen make healthy choices** and plan ahead for difficult situations.

**Meet and get to know** your teen's friends.

**Respect your teen's privacy.**

**Have meals together.** Teens who eat with the family are more likely to have better grades and less likely to smoke, drink, use drugs, think about suicide or engage in sexual activity.



Visit the Living Well website at [www.livingwell.utsystem.edu](http://www.livingwell.utsystem.edu) for information and resources to help with healthy living at all ages.

*Living Well Resources are available to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants.*