

TIP OF THE WEEK



Parenting Teens

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

Respect your teen's opinions. Non-judgmental communication shows your love.

Be honest and direct 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 teens 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.


LivingWell
make it a priority
THE UNIVERSITY of TEXAS SYSTEM

www.livingwell.utsystem.edu