

# Supporting your teens

They've grown up so quickly, but your children still need to feel loved and supported. Here's how to enjoy quality time with your teen, teach good habits and keep them safe and happy as they make their journey towards adulthood.



## Activities to enjoy together

- Create a fun photo or video to send to friends or family members
- Choose a recipe and spend some time cooking or baking together in the kitchen
- Do some exercise together. You could go for a jog or play a game of catch
- Sport, music, films — talk to them about things that really interest them

## Show you trust them

- Teens appreciate having extra responsibilities. Allow them to take on an important job to show that you trust them and value their help
- Give everyone an opportunity to get involved with day-to-day household tasks. It will give teens a chance to learn new skills and feel that they are making a worthwhile contribution

## Help them achieve their goals

- What does your teen want to do? Whether it's a short-term or a long-term goal, draw up a schedule together to help them get there
- Reward every step that gets them closer to achieving their goal
- Factor in time to relax and have fun, as well as time to get important tasks — like homework and household chores — done

## Always offer support

- Recognise that difficult behaviour might be a sign that something is wrong, so ask how they are and try to understand their actions

- Explore ways of coping with situations that might be making them feel unhappy or stressed
- Set clear expectations for their behaviour and come up with a set of rules and boundaries that you both think is fair
- Praise your teen when they are well behaved and recognise when they do something positive

## Promote kindness and compassion

- Set an example by showing empathy and encourage your teen to consider how friends, family members — even strangers — might be impacted by difficult situations
- Explain how your teen can make a difference by standing up for someone who is being bullied

## Help them manage stress

- Ask them how they are feeling and listen to their answer
- Try to see things from their perspective in order to understand how they are feeling
- Help them relax by coming up with ways to cope with stress — such as breathing exercises
- Suggest you do an activity together that will help them to relax and unwind

## Keep them safe online

- Involve your teen in creating family tech agreements about healthy device use
- Explain how important it is to keep personal information private, especially from strangers
- Remind your teen that they can talk to you if they've seen something or experienced something upsetting while online

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These evidence-based parenting resources were developed by Parenting for Lifelong Health in collaboration with [UNICEF, WHO, and other international agencies](#).

