



FAMILIES CAN HELP ADOLESCENTS THRIVE



ADOLESCENTS GO THROUGH IMPORTANT CHANGES THAT AFFECT THEIR HEALTH AND WELLBEING. THEY:

Develop their own identity

Experiment with adult behaviors

Develop their own moral standards, values, and belief systems

Form friendships outside the family



Adjust to their sexually maturing bodies and feelings

Think about and plan for the future

Renegotiate relationships with adults in parenting roles

With proper support, adolescents can thrive and build sound foundations for a healthy future.

WHAT PARENTS AND CAREGIVERS CAN DO:



Love and connect: develop and maintain close relationships, and offer support and acceptance, while accommodating and affirming their growing maturity.



Monitor and observe: be aware of—and let your teen know you are aware of—their activities (i.e. academic performance, after-school activities, relationships with their peers and with other adults).



Guide and limit: teach family values and rules, and set and uphold clear but evolving boundaries, while encouraging increased competence and maturity.



Inform and model: provide ongoing information and support around decision-making and interpreting and navigating the larger world, while teaching by example.



Provide and advocate: provide for their basic health and nutrition needs and establish a supportive home environment.

POSITIVE PARENTING HELPS ADOLESCENTS MAKE HEALTHY CHOICES AND REDUCES RISK BEHAVIORS