

PARENTING TEENAGERS TO BE HEALTHY AND HAPPY

PREPARATION

Prepare for Any Issues

75% of high schoolers try addictive substances and half deal with a mental health issue. Accept the very real possibility that issues could happen in your family.

Address Codependency

Ask family members if you are too controlling (anger, lectures, preaching) or enabling (permissive, no boundaries, soft consequences) and balance your parenting style.

Use Available Resources

In the PACES for Parents online learning center, watch the free video on Preparation to learn 10 things parents can do to be prepared for the teenage years.

AWARENESS

Understand Their World

Ask open-ended questions about their activities and friends and show sincere interest in their life. Listen deeply and with empathy rather than judgment or advice.

Develop Self-Awareness

Ask them when they feel anxious, sad, or left out and help them build positive thought patterns. Assure them everyone has issues, and it's okay not to be okay.

Assess The Warning Signs

Take a quick Teenage Wellness Assessment on the homepage of PACES for Parents to identify risk factors and warning signs before something goes wrong.

CONNECTION

Invest In Your Relationship

Quality time comes only from quantity time. Invest in spending more time with your kids to help you form loving and trusted relationships with them.

Improve Communications

Lecturing, preaching, and yelling don't work. Ask family members how you communicate, including tone and expression, and work on your blind spots.

Have Critical Conversations

In PACES for Parents, use the free product in Connection on "Conversations Every Teenager Needs to Hear" and plan those key talks with your kids.

EDUCATION

Equip Them For Situations

Ask your kids what temptations and risky circumstances friends at school face and coach them to think about what they can do in those situations.

Learn To Set Boundaries

Set boundaries and consequences to encourage positive choices. They should be clear, fair, applied consistently, and managed calmly with love.

Continue Your Education

In the Education section of PACES for Parents, watch the video on "10 Mistakes Parents Make and How Not To" and encourage those positive behaviors.

STEPS

Help Them Build Identity

Think about each of your kids individually and how they're doing emotionally, socially, spiritually, and personally and select steps to help them thrive in those areas.

Plan to Prevent a Crisis

With one kid in mind, envision what problems they could face such as substance use or a mental health issue and plan your steps to help them avert a crisis.

Create a Parenting Plan

In the Steps section of PACES for Parents, watch the video "The Proactive Parenting Plan" and capture actions in each of the five areas in P-A-C-E-S.



PACES FOR PARENTS ONLINE
LEARNING CENTER RESOURCES
**PRODUCTS MENTIONED
ABOVE ARE ALL FREE!**

They will equip you to help your kids remain happy and safe during the tumultuous and risky teenage years.