

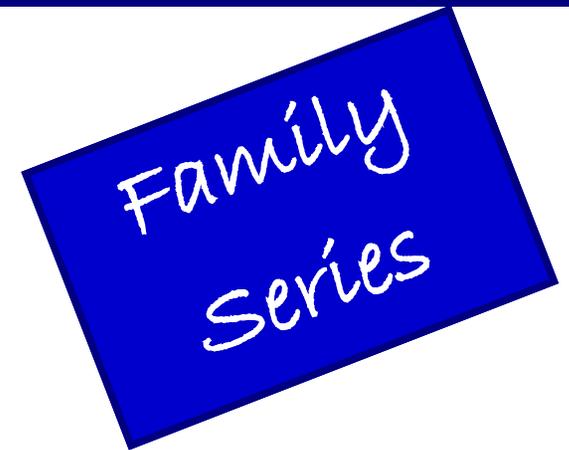
Nobody Likes Me!

- Young adolescents often have daily changes in their view of their friends and vice-versa. They're trying on new ways of relating. They will be mature and immature at the same time. That is who they are right now.
- Maintain a positive outlook with young adolescents. They are experiencing great physical, emotional and intellectual growth. They need to know someone is on their side, especially when they feel like their friends just "dumped" them.
- Help your child remember that learning to live with or without certain friends is part of learning to live in a social world. Figuring out "friendship" problems at this stage of life can help teens cope with friendships later in life.
- Empathize with feelings teens might have and share your own experiences if they were similar. Most adults remember what it was like to be "left out" or "not be invited." Teens need to know that their feelings are normal and that they are not alone.
- Don't judge. Because early adolescence is a time when teens judge themselves and others harshly, it's important to refrain from judging.
- Praise individual interests and talents. Encourage volunteer work, creativity and hobbies that build confidence.
- Set clear limits and identify rules that are negotiable. Sometimes it's easier for teens to say, "My parent won't let me do that," than to say, "I don't want to do that."
- Watch for signs of depression or problem behaviors. Consult a trusted school counselor or professional about your concerns.



Should you need more information about this or other parenting concerns, please visit www.pcain.org or call **1-800-CHILDREN** (1.800.244.5373)

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Tips for Parents of Adolescents



You Can't Make Me!

Tips for Parents of Adolescents

Chances are you've heard these words from your children. Being a parent is a tough job. By listening and responding to the words of children, you can have a powerful impact on their development. **Prevent Child Abuse** Indiana believes that we all want to use the best means possible to raise and nurture children. With a few skills and tips, all of us can build stronger family relationships.

- Recognize that adolescence is a developmental stage when teens are learning how to balance their need for independence and need for guidance.
- Set clear limits for your teen. Increase their participation in decision making gradually as a reward for responsible behaviors.
- Identify what rules are negotiable and what rules are not negotiable. Have clear consequences for breaking rules and be consistent.
- Teach you teen about respect by using a voice tone that is respectful.
- Check in with your teen every day even when they don't want to talk. Although teens may not like the way you dress or wear your hair, they still need and want you to be interested in their life.
- Let your teen know what you value. Although they may not agree with you, your teen needs to know what is important to you.
- Choosing and having friends is a big part of learning how to get along in the world. If your teen is isolated or has no friends, talk to a trusted school counselor or professional about your concerns.
- Risk taking is a normal part of adolescence. Risks that are dangerous or excessive need to be addressed directly, however. If you are unable to manage the situation yourself, talk to a trusted school counselor or professional about your concerns.

I Can Handle It!

Tips for Helping Teens in Violent Relationships

When teens are in violent relationships, they'll tell you they can handle it.

The Facts:

- By the time they graduate, one-third of all high school and college students will experience dating violence.
- Dating violence affects one out of every eight teen couples, and it can happen in all economic, religious, racial, and cultural groups.
- Dating violence is the result of one partner's need to exert power and control over the other. It can take many different forms, such as physical, mental, emotional, verbal and sexual abuse.
- There is a chance it can happen to your teen, so it's important you know how to handle it if it does. By reducing their risk to become involved in a violent relationship now, you may be able to reduce their risk of becoming involved in a violent relationship as an adult.

The Signs:

- Victims of dating violence often feel ashamed, guilty, afraid, and conflicted.
- Many victims do not want to tell their parents or friends for fear of worrying them or that the victims will be viewed as weak.
- Victims often believe that they can handle the situation or that they can change the abuser.



What You Can Do:

- Give teens as much information as possible on dating violence.
- Let teens know you love them and that you will help.
- Support teens in whatever way they need.
- Encourage your teen to talk with you or another trusted adult.
- Do not blame or pass judgment on your teen.
- Encourage your teen to contact your local domestic violence shelter.

For further information on dating violence or in case of a crisis, contact Indiana Coalition Against Domestic Violence at (800) 332-7385 or visit their website at <http://www.icadvinc.org/> If you or your teen is in immediate danger, call 911 or your local emergency number.

Adapted from "Truth About Dating Violence" by the National Council of Jewish Women, Korean-American Family Service Center, "Summer Youth Employees Confront Potential of Violence in Dating Relationships" by Sue Ellen Cross Lea and the Indiana Resource and Training Institute on Violence Against Women.



www.pcaain.org