

# PARENTING TEENS



## Learn about:

- the teenage brain
- sleep needs in teens
- being a good role model
- how to have a closer relationship

## Read about:

- teens and alcohol
- how to be a better listener
- what to do if you're angry with your teen
- talking about expectations and rules

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## Discover:

- what to do when things go wrong
- why trust and respect are a two-way street
- how to get parenting support for your teen's emotions and behaviour

## How to talk to your teen about:

- sex
- alcohol and drugs
- pornography
- peer pressure
- rules or limits
- parties



# KidsHealth

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