

## Challenging Yet Age Appropriate Behaviors of Teens

### Need for Peer Group Acceptance:

Reason: It is part of leaning who they are. No matter how much they are accepted at home, they will still search for acceptance by a group. The less acceptance at home, sometimes the more they will seek it from peers.

How to Handle: Get to know their friends. Be patient. You still have a strong influence on them.

### Not Confiding:

Reason: They question themselves and their feelings: It might be hard to express their confusion to others, let alone thoughts or opinions they know disagree with their parent's thinking.

How to Handle: Allow them the space to be themselves and let them know you are there.

### Mood Swings:

Reason: Puberty causes hormone level changes.

How to Handle: Be patient and understanding  
"This to shall pass."

### Need to Be Away From Their Family:

Reason: They need time alone to talk to friends and participate in outside activities. Time away from family allows them to discover themselves. For example, they may refuse to go to a family gathering or holiday party.

How to Handle: Compromise. Don't take it personally. Invite your teen to all occasions but don't make them feel guilty for wanting to be with friends. If the occasion is important to you, your teen needs to know it. Come up with a win-win solution.

### Need to Rebel:

Reason: It's a way of defining themselves as separate from you. Harmless ways of rebelling include: hairstyle, clothes, jewelry and music.

How to Handle: Differentiate the harmful and non-harmful ways of rebelling. Try to accept or at least tolerate the harmless ones.