

**Teen Relationships**  
Spring Grove Wellness

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**Teen's Relationships**

- A significant part of a teen's life is their relationships with the people around them.
- This includes:
  - Parents
  - Peers/friends
  - Romantic relationships
  - Teachers/coaches/other adults
  - Extended family

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**Parent/Teen Relationship**

- This relationship is actually the most important to a teen's development and to the teens themselves.
- You may think that you are pretty low on your teen's list of priorities but in actuality you are very much on top of that list.
- A strong bond between parent and child is the basis for positive teen development, good self-esteem, cooperation, and having a success oriented child.

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### Parent/Teen Relationship

● You have a huge influence on your teen's life through your relationship.

- The changing relationship between parent and teen is crucial for teen success.
- Instead of having control over their lives you now need to have influence over their lives.
- The better your relationship with your teen the more influence you have with them.

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### Parent/Teen Relationship

● Let's talk about what that looks like...

- You are now a sounding board...ie...listen.
- You are a cheerleader to their goals and achievements.
- You give clear guidelines and expectations and allow the teen to work within that frame.
- You help set consequences for responsibilities not met.
- You problem solve issues together.
- You negotiate conflicts.
- You give advice/suggestions when appropriate.

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### Parent/Teen Relationship

● What that doesn't look like...

- You send the message that they don't know anything and you know better.
- You send the message that they are unable and untrustworthy.
- You have too few or too many rules.
- You try to be your teen's friend.
- You set consequences that don't fit the transgression.
- You argue with your teen.
- You tell your teen what to do.
- You ignore them or overreact.

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### Other Teen Relationship

● Other teen relationships are also important and can have a positive and/or negative influence on your teen.

- peers
- friends
- romantic relationships
- teachers and coaches
- extended family
- bosses or supervisors

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### Parent Involvement in Teen Relationships

● 3 parent considerations with teen relationships:

- Your teens actions within other relationships
- The effect other relationships have on your teen
- Your influence, as a parent, with these relationships (When to stay out, when to coach, when to get involved.)

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### Peer/Teen Relationships

● The next most important significant relationship is the teen's relationships with their peers and friends.

● Peer relations contribute a great deal to both social and cognitive development and how effectively they will function as adults.

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### Peer/Teen Relationships

- Some teens may show signs of trouble in dealing with peers and friends and others do not.
  - Peer pressure
  - Quality of relationships
  - Healthy boundaries
  - Leadership/cooperation
  - Team work
  - Conflict resolution

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### Peer/Teen Relationships

- Positive peer relationship influences:
  - Maturity level
  - Self esteem/Self confidence
  - Clear boundaries
  - Impulse control
  - Support
  - Supervision

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### Peer/Teen Relationships

- Peer culture influences teen's choices in clothing, music, media, activities and language.
- Close friends are teen's number-one influence when making *destructive* decisions
- Parents are teen's number-one influence on *not making destructive* decisions

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**Peer/Teen Relationships**

- Some teens have many friends, some have a few good friends, some struggle to make and keep friends.
- Friends help teens negotiate their teen world (positive and negative).
- Friends/peers teach empathy, sympathy, trustworthiness, sharing, communication, give and take, and personal connection within the relationship.

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**Teen Romantic Relationships**

- Romantic relationships are inevitable during the teen years due to development, interest, and peer influence.
- Changes in dating over the decades.
- Teen dating considerations:
  - Developmental level of the teen
  - Emotional development
  - Family expectations and rules

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**Teen Romantic Relationships**

- Teens need:
  - Information
  - Values
  - Communication
  - Guidelines
  - Support
  - Supervision

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### Teen Romantic Relationships

- Be a good role model.
- Talk about positive healthy relationships.
- Be available to listen and talk.
- If you have concerns bring them up.
- Ask them how they are feeling in the relationship.
- Ask about the boy/girl friend as a person.
- Don't be afraid to be direct.

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### Other Teen Relationships

- Other teen relationships include extended family, teachers, coaches, bosses, etc.
- These relationships can have positive and negative influences on your teen.
- They can provide information, knowledge and skills, role modeling, advise, support, etc.
- It is healthy for teen's to have other people they can relate to other than their parents.

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### Outside Influences on Teen Relationships

- Computers, cellphones, social media, music and television are filled with sexual, violent, and inappropriate images and suggestions that influence our children and teens.
- If you have never talked about these issues with your child up to this point, you would be shocked to learn what they know, what they believe and what they don't know.

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**Outside Influences on Teen Relationships**

- Our children are in a vulnerable stage during their adolescent years. They look very much like an adult and sometimes even act like an adult. However, mentally and emotionally they are still growing and learning and developing.
- Parents (and other positive adults) are the steady factor during these transitioning years.

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**Outside Influences on Teen Relationships**

- Our world provides many positive as well as many negative experiences for teens today and most teens are not equipped or well prepared to handle the continual negative influences surrounding them.
- A teen that has many protective factors is more likely to resist, even avoid, the negative influences, where as a teen that has many risk factors may have a more difficult time dealing with the negative influences.

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**Outside Influences on Teen Relationships**

- **Protective Factors**
  - A relationship with a caring adult role model
  - Opportunities to contribute; be seen as a resource
  - Effectiveness in work, play and relationships
  - Healthy expectations promote a positive outlook
  - High self esteem and internal locus of control
  - Self disciplined
  - Problem solving/critical thinking skills
  - A sense of humor

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