Teenagers!
When the going gets tough...
try talking
Help is at Hand!
Talk to your teenager

It's never too late to talk... but if you've been having rows in the past, it's sometimes difficult to get back to talking sensibly.

🌟 Try talking when you're not facing each other - in a car or bus is good, or while you're doing something like washing-up together.

🌟 Try talking when you're watching a soap on television - often the characters will be having the same sort of problems as you.

🌟 Try talking with someone else there, if you think you're likely to get angry.

🌟 Shouting at each other is not the answer.

Remember that disagreeing with your parents is part of growing up. Did you do it yourself when you were a teenager?

Although this leaflet was written for parents or carers, much of it applies to teenagers too! So teenagers, try talking to your parents or carers so they can understand your issues.

Plan ahead

🌟 If you can't have time alone now to talk, think about what you want to discuss at a later date.

🌟 Plan a time for discussion when you're both calm and ready to talk.

🌟 Agree ground rules which are suitable to you both.

🌟 Organise an outing later in the week so you have something to look forward to.

Sometimes, problems seem to sort themselves out, sometimes they need a lot of effort!
Talk to friends and family

You’re not the only one who’s ever had problems with teenage children!

Get some advice, get some new ideas - you don’t have to do what they suggest if you don’t want to but it may help.

Often just talking is enough.

Teenagers, you’re not the only one who thinks their parents or carers don’t understand them. So, try talking.

Ideas for coping

What to do when your easy-to-understand child turns into an unfamiliar teenager.

✦ Say something to yourself like: “calm down”, “relax”, “I’m OK”.
✦ When you get annoyed, leave the room.
✦ Count to ten before you do anything.
✦ Go somewhere you can’t be heard and SCREAM!
✦ Thump a pillow or cushion.
✦ Sit down, close your eyes and imagine a peaceful scene.
✦ Relax, put your feet up and breathe slowly and deeply.
✦ Go out for walk in the fresh air.
✦ Try not to worry.

Remember it’s OK to do things just for yourself!
Get professional help

When things get out of hand, there are people and organisations to help you. There's a list of some of them on this leaflet.

Remember these organisations are used to helping people in trouble. That's what they're there for. They won't be disapproving or shocked, and they won't make you do anything you don't want to do. Don't be afraid to get in touch with one of them for the first time.

It's often a good idea to start with someone you know and have already met, like your G.P., health visitor, or community worker.

If you do need to see someone else they may be able to make the appointment for you.

People who can help

It might be worth talking to your G.P. who can put you in touch with relevant specialist help. Don't forget that health visitors aren't just there for under 5s - they can help with teenage problems too.

These helplines and websites can be useful if you need a friendly voice or need more information.

Why not try...

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<th>Service</th>
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<tr>
<td>Parentline</td>
<td>0808 800 2222</td>
<td><a href="http://www.familylives.org.uk">www.familylives.org.uk</a></td>
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<td>Family Rights Group</td>
<td>0808 801 0366</td>
<td><a href="http://www.frug.org.uk">www.frug.org.uk</a></td>
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<td>Hope (UK)</td>
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<td>Mind Infoline</td>
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<td><a href="http://www.talktofrank.com">www.talktofrank.com</a></td>
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<td>Samaritans</td>
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<td>NHS Choices</td>
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