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!

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.

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 doctor, 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 family doctor, 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 can be useful if you need a friendly voice or need more information.

Why not try...

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<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Website</th>
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<tr>
<td>Parentline</td>
<td>08088 002 222</td>
<td><a href="http://www.parentlineplus.org.uk">www.parentlineplus.org.uk</a></td>
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<tr>
<td>Family Rights Group</td>
<td>0800 731 1696</td>
<td><a href="http://www.frg.org.uk">www.frg.org.uk</a></td>
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<tr>
<td>Hope (UK)</td>
<td>0207 928 0848</td>
<td><a href="http://www.hopeuk.org">www.hopeuk.org</a></td>
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<td>MindInfoline</td>
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<td><a href="http://www.mind.org.uk">www.mind.org.uk</a></td>
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<td>Frank about Drugs</td>
<td>0800 77 66 00</td>
<td><a href="http://www.talktofrank.com">www.talktofrank.com</a></td>
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<td>NHS Direct</td>
<td>0845 4647</td>
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<td>Shelterline</td>
<td>0808 800 4444</td>
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<td>Step Family Scotland</td>
<td>0131 225 5800</td>
<td><a href="http://www.stepfamilyscotland.org.uk">www.stepfamilyscotland.org.uk</a></td>
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<td>Young Minds</td>
<td>0207 336 8445</td>
<td><a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></td>
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