



A message from teens: everything I want to tell you (but can't)

Finding it hard to connect with your teen? You're not alone! Talking to teenagers can feel tricky, and many parents believe that everything they say is 'wrong'. While there is no one-size-fits-all approach, the below tips may be helpful:

Be gentle and patient – adolescence is hard! Help your child to find their strengths (and remember that they may not be what you want).

Sometimes teens need space. If they say they don't feel like talking, try not to pressure them; just leave them be and try again later.

Try to communicate your concerns using 'I' statements and without judgement. Remember: it's a conversation, not a lecture!

Acknowledge your teen's feelings and show respect for their opinions. Give them the space to talk and help them to find their own solutions.

Where possible, resist the urge to jump in and problem-solve or 'fix' things. Often young people just want to be heard.

Don't automatically assume that if your teen is quiet there must be something wrong. Leave the door open – let them know that you are there if they want to talk.

Respect that your child may prefer to talk about certain issues with another trusted adult, rather than a parent.

If you have concerns about your child, it's important to seek help. Remember, the earlier intervention is sought, the better.

There are many places to seek support; your family GP, school psychologist, Headspace and Jewish Care are all great resources.

In a crisis, call Kids Helpline on 1800 55 1800 or Lifeline on 13 11 14.



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