



## PARENTING YOUR TEEN

Teens haven't always had the kind of life they do today. The expectations and requirements of teens, and even the entire concept of "adolescence", have changed considerably over time. The word "adolescent", which stems from the Latin word for "growing up", only came into existence in the 15th century! Our modern understanding of adolescence resulted from a better understanding of how this particular phase of life has its own unique challenges and biological, social, cultural, and economic influences. Although we knew that adolescence was a distinct period separate from childhood or adulthood, many early writings on the teenage experience relied more on speculation than actual fact. Contrary to popular belief, abnormal behavior is not a typical part of adolescence (and actually may be indicative of mental health problems), and neither is a period of extreme teenage angst necessary for adolescent development. However, strong emotions (both negative and positive) are commonly experienced during this period of life. These are normal and not a sign of a mental illness.

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Categories: Adolescents, Parents

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TRANSITIONS: MAKING THE MOST OF YOUR CAMPUS EXPERIENCE (BOOK VERSION)



COULD MY PARENT BE/HAVE (SERIES)

**Diagnosis**

- What do you think my diagnosis is?
- Are there any other possibilities as to what it might be?
- What does this mean for my day-to-day life and for my future?
- What do I need to do to get well?
- Where can I get more information about this condition?

**Treatment Options**

- What are my treatment options?
- What kinds of studies have been done on these treatments?
- What are the benefits and risks of each treatment?
- How likely is each treatment to help me?
- How will the suggested treatments affect me in my everyday life?

**Medication**

- What does this medicine do to my body and brain?
- What other medicines would be considered and why?
- What are the risks and benefits of this medication?
- What kinds of studies have been done with this medication?
- How likely is this medicine to help someone like me?
- Will the medicine interact with anything that I am already taking?
- What are the potential side effects? Will they fade over time?
- When will I start to notice the results?
- How will I know if the medication is working?
- How long will I be on this medication?
- What will happen if this medication does not work?

**Psychological Treatment (Therapy)**

- How will this therapy help me?
- What are the alternative therapies? Why are you recommending this one?
- How likely is this therapy to help someone like myself?
- What are the risks and benefits of this therapy?
- What kinds of studies have been done with this therapy?
- What are potential side effects of this therapy? Have you seen any?
- When can I expect to see results?

COMMUNICATING WITH YOUR CARE PROVIDER: WHAT YOU SHOULD ASK

