

Parenting teenagers is hard. Sometimes it's easy to forget that being a teenager isn't always that great either.

RULES & BOUNDARIES

Teens need to feel safe whilst they start making their own choices. Despite their protests ground rules and boundaries do this.

LOVE

Don't let them fool you... despite their moodiness they still need your care and attention.

TO BE DIFFERENT

Teens are finding out who they are. Change and experimentation is an important part of this process.

PRIVACY

Insecurity and curiosity collide in teens and they need the time and space to sort through this.

TO BE HEARD

Even if you both disagree, feeling listened to can reduce frustration for both of you.

