

The Teenage Talk

How to get the best from a talk with your teenager



Parents have a significant impact on their teenager's well-being and mental health. It is important to have a good relation and connection with your teen. In adolescence, teenagers have to find their own identity and get to know themselves - and their behaviour may change.

In this material, you will find practical tools that you can rely on to have a supportive conversation with your teenager.

On the back page, you will find information about typical behavior among teenagers. There are no clear-cut rules about when there should be cause for concern. As a parent, you should be attentive to significant changes that affect your teen's everyday life over a period of time. Talk to your teen about what's at stake and use this guide as support.

Concerns can arise in both parents and teenagers. Talk together about what's on your minds. That, in itself, can create a sense of peace and calm.



Listen to your teenager without interrupting.

Do your best to forget your side of the story.



Try to view the situation from your teenager's point of view.

You might disagree, but you should still be able to understand your teenager's experience and viewpoints. Understanding provides a common framework for your talk.



Get permission before asking:

"I have some questions. Is it okay with you if I ask you further?
I would like to understand better."



Validate your teenager's perception of you as annoying.

Be jovial about it.



Be open to negotiation.

Accept that the period of you raising your child is over. During adolescence, you are there to guide them and negotiate.



Validate your teenager's emotions and mood swings.

Tell your teen it is normal. One moment teens are happy - the next they are sad.



Show your teen the same respect you demand.



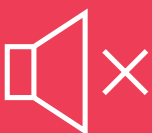
Always be the rock of your teenager's world.

You might disagree with them. But helping your teenager, is not the same as accepting their behavior. Not helping could make the situation worse.



The talk can take place during the small windows of opportunity.

It could be while your teenager is roaming the fridge or putting on makeup. Long conversation at the table is no must. Enjoy the brief encounters.



The Quiet Teen.

Prioritize joint activities that your teenager enjoys. Create a familiar space with no expectations or demands.

Typical Teen Traits

→ Vulnerable

→ Teens can be vulnerable, worried, and insecure, especially about others' perception.

→ Curious

→ Teens can be joyful, sad, or feel hopelessness.

→ Exploring

→ Teens often explore the world, feel anger or sudden fatigue.

Mental well-being

Research shows that mental well-being is strengthened if individuals engage in something active, meaningful and shared. This is the ABC for Mental Health. Find what works for you, whether it's a walk or participation in local sports, leisure activities, creative activities, voluntary organisations or something else. The important thing is to be active together or alone, depending on your situation. Do what makes sense for your family and guide them to follow the ABC for Mental Health.

You can read more about this here:
<https://psychology.ku.dk/abc/>



Be Aware of Your Teen

Your role as a parent is to be aware of any significant changes in your teenager's behaviour at home, in school, or in leisure.

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