

### How to support a young person who may have Teenage Turmoil

- Growing and developing is unique to each child and adolescent but for every individual it's hard work.
- Thriving is not inevitable; growth and development comes with regular challenges and frustrations
- Many young people learn from trying and doing not just listening and observing. This can result in behaviour that may seem concerning, out of character or unpredictable but this is part of typical growth and development and of the transition from childhood to adolescence to adulthood.

#### Common behaviour and emotional responses associated with adolescence;

- Risk taking , impulsivity (impatient) and novelty seeking
- Poor decision making and inflexible thinking at times
- Disorganised or inconsistent in presentation (sometimes engaged and steady, other times chaotic and forgetful)
- Boundary testing, questioning and challenging of self, others (especially those in authority), life and the status quo (e.g., rules, social norms)
- High or idealistic expectations of how things should be; demanding of others and wanting immediate responses
- May struggle to see things from other people's perspective
- Feeling self-conscious and being self-critical
- Making and breaking friendships; conflict is common
- Pre-occupation with and strong value placed on peer and romantic relationships and social status
- Fear of failure and not being good enough
- Differences in maturity and ability; e.g., academically intelligent but may lack common sense or emotional maturity
- Strong and quickly changing emotions (including happiness, excitement, worry, sadness and anger) which can feel overwhelming and result in 'meltdowns'

#### Things you can do;

- Communication (openness, honesty)
- Allow exploration of identity and independence but also provide consistent rules and boundaries
- Express opinions even while disagreeing, validate other's opinions and show empathy
- Find opportunities for positive connection
- Show up, check in, take perspective, check in with your values

#### Things a young person can do;

- Have a regular daily routine
- Eat regularly and stay hydrated
- Be active; do things and move!
- Get enough sleep; practice good sleep hygiene
- Practice safe social (have digital downtime)
- Engage in hobbies & interests
- Connect with values (what's important to them? What are they passionate about?)