



ADOLESCENTS

AGES
13-18

Teenagers benefit from a patient approach to parenting that includes an established daily routine, verbal and physical forms of reassurance, opportunity for movement and exercise throughout the day, brain engagement, and filtered exposure to media.

SYMPTOMS



Agitation and irritability or decrease in energy

Physical symptoms — headaches, upset stomach, rashes

Isolating from friends and family

Change in sleep patterns and/or appetite

Ignoring health promotion behaviors

Avoiding or skipping school

HOW TO HELP



Be patient, tolerant and reassuring. Encourage continuance of routine. Listen and acknowledge feelings.

Encourage verbal and creative outlets of emotions with family and friends. Consult with pediatrician if symptoms become concerning.

Encourage teen to stay in touch with friends. Engage in conversation. Gently place limits on room time to encourage family interaction.

Provide reassurance and offer opportunity to discuss feelings. Encourage exercise and social connection. Maintain structure and meal-time routines.

Encourage conversation with teen about health. Offer choice where possible. Discuss and honor feelings driving behavior. Take “team” approach to assuring positive health outcomes.

Discuss underlying reluctance. Address stigma or discrimination. Break down large tasks into smaller steps. Praise effort as much as outcome. Offer breaks and rewards.