



ACTIVITY

Understanding and Adapting to the Teen Years

After watching the *Understanding and Adapting to the Teen Years* video and reading the information on the website, you may be interested in trying one or more of the following activities.

Feel free to print this PDF and write on it, type notes on your phone, or just take a few moments to quietly reflect on the questions.

Remember what things were like when you were a teen.

- ▶ What physical changes do you remember experiencing?
- ▶ How did you behave as a teenager?
- ▶ Who were your friends, and how did you spend your time?
- ▶ Who were the trusted adults, parents, or caregivers in your life?



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Remember the useful things you learned as a teen that you might like to share with your teen now that you are a parent or caregiver.

- Were there lessons you learned when you were a teen that positively impacted your life?
 - *What did you learn from your experiences or the people in your life?*
- What experiences or lessons would you like to share with your teen?
 - *For example, a relative or caregiver may have taught you the importance of being on time for school, work, and other appointments. Is this a value that is still important to you as an adult? How could you share this value with your teen?*
- Are there any experiences or lessons you wish a parent, caregiver, or another trusted adult in your life had shared with you when you were a teen?



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Consider what activities or practices you do now and what you might try in the future to take care of your physical, emotional, and social needs. Caring for yourself will help you have the resources to support your teen.

- ◆ **What are things you like to do that make you feel good?**
 - ◇ *How often are you able to do those things?*
- ◆ **What ideas would you like to try to address your physical, emotional, or social needs?**
 - ◇ *For example, are you eating foods that give you energy?*
 - ◇ *Are you interested in trying new activities?*
- ◆ **Who are the important adults in your life?**
 - ◇ *Think of a spouse or partner, close friend, parent, family member, coworker, counselor, church member, or neighbor.*
 - ◇ *How does each person help you take care of yourself so you can take care of your teen?*



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