

## When to ask for help

If you are particularly worried, or do not understand your adolescent's behaviour

If the adolescent doesn't spend any time at home, or stops communicating

If they show continuing distress or depression, or there is no progress in recovery

They begin to abuse substances or increase their use

They engage in reckless, irresponsible or self destructive behaviour

*He moana pukepuke  
e ekengia te waka*

A choppy sea can be navigated – hang in there

## Helping Adolescents

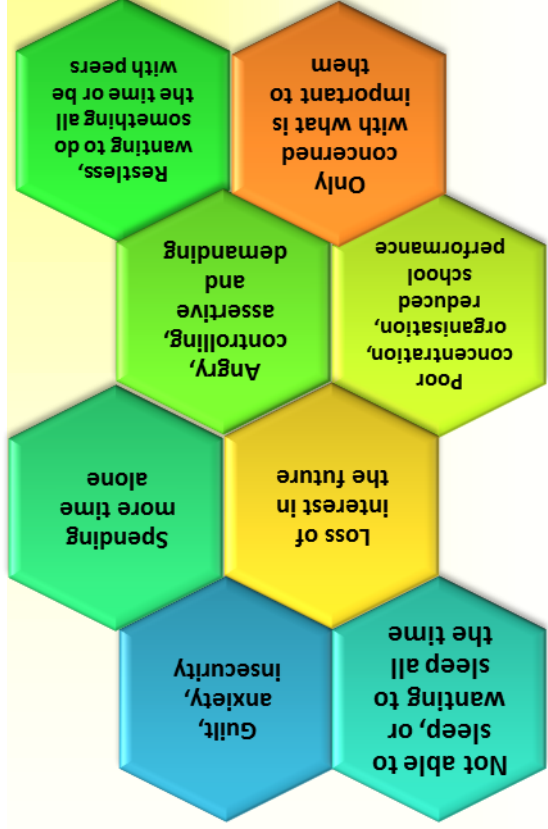
*Ka pakeke te haere,  
kaua e hemo*

Things may be difficult but don't give up.

Whereas children are dependent on their parents, adolescents are usually proud that they could survive on their own. School, friends, other adults and social or sporting groups are a large part of their support network. Parents may feel side-lined, but their importance is no less than before, just different. Parents help best when they accept the importance of peer groups and share their adolescent, support them and develop good communication links.



Common adolescent reactions



- \* Give them accurate information, correct any misunderstandings
- \* Keep communicating; encourage them to talk about how they feel—if not with you, then someone else
- \* Keep telling them that you love and care about them no matter what they do or say
- \* Reassure them about the future and that they will feel better in time
- \* Maintain routines, encourage them to continue with social activities
- \* Let them know what help is

How to help

