

Practical Guidelines with Teens

- Rumors become law.
- Peers are paramount.
- They may be as confused as you are; use attentive listening.
- Do not lecture — explore.
- Be specific in communication (write it down).
- Define what is important, stress it.
- Define what is unimportant, ignore it.
- Recognize with teens, their perception is reality.
- Be familiar with adolescent developmental tasks.
- Facilitate mourning needs.
- Know when to be serious, when to use humor.
- Know when to refer.

It Is Normal For Teens To:

- Engage in limit testing; rebellious.
- Increase reliance on peers.
- Be egocentric.
- Have increased sexual awareness.
- Be impulsive, lack common sense.