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PARENTING

PRACTICAL  
MATTERS

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# the teen **SURVIVAL** guide

Adolescence is notoriously difficult for both parents and kids, but it *is* possible to survive the ups and downs of the “awkward stage.”



The teen years are a trying time for the whole family. Rapid physical development coupled with deep emotional changes can turn even the best-behaved youngster into a tempest. But it is possible for all generations to survive this rebellious stage without going at each other's throats.

"Once you have a sense of what is going on psychologically for teens, understanding and empathy will change how you react to their behavior," says The Teen Doc, Adekemi O. Oguntala, M.D. "A mature and supportive attitude will help shape teenagers into the self-sufficient and confident adults we want them to be."

For a little extra peace of mind, leave these teen survival tips on your kid's nightstand...and go take a yoga class.

**1 Know yourself.**

People tend to label each other, often erroneously. Don't let them define you. If you spend your teen years getting to know yourself, you'll be better prepared for all of life's challenges.

**2 Remember your parents love you.**

They may not show it all the time, but they really do. Communicate. Share your emotions

and experiences with them. You will get more of what you want if you have a good relationship.

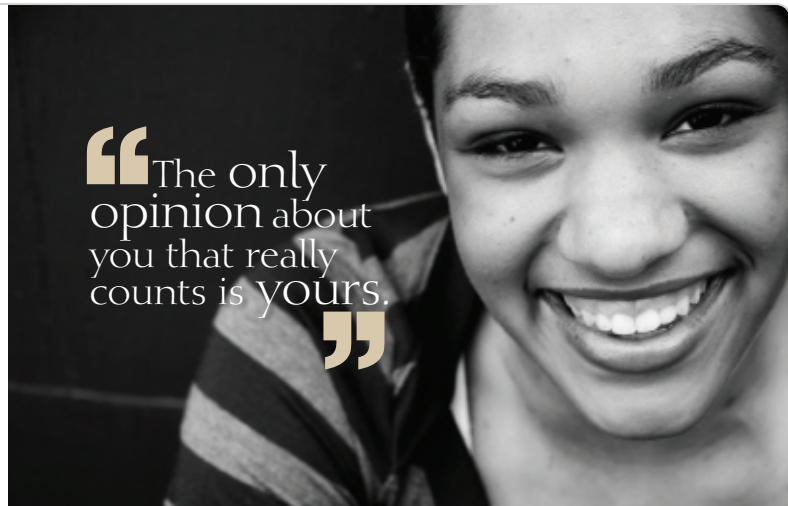
**3 Choose friends wisely.**

Having friends is great, but don't let them negatively affect your schoolwork, your family life or staying true to yourself.

**4 Overcome fear.**

Life can be scary, but don't be afraid to explore new challenges.

“The only opinion about you that really counts is yours.”



Try a new sport; join the science club, launch a blog. Taking risks will build your confidence, and you'll go farther than you ever thought you could.

**5 Decide what kind of person you want to be.**

And make choices that support that decision. The only opinion about you that counts is yours. Conduct yourself in a way that will make *you* proud or you.

**6 Harvest the power inside you.**

Some teens give away too much of their personal "power," letting peers influence them to make bad decisions, then blaming others for those decisions.

You have a choice in almost everything that happens to you in life. When you realize and accept this, you'll become more aware of your ability to determine your future. So hold on to that power!