

THE NEED TO "BELONG"

- Parents, by both their actions and their words, can show their children that they appreciate and respect them.
- Family rituals, even small ones, can help satisfy the need to "belong" - the way you celebrate a birthday, regular family outings, discussion at the dinner table.
- Have fun together. Do things together which are fun for both the parent and young person.
- Peer groups are a must for young people. It helps them develop a "we" feeling apart from the family. By seeing peer groups as healthy, positive relationships rather than as possible "bad" influences, parents can be encouraging their children.
- Encourage your children to have adult friends; include young people at adult functions.

THE NEED TO "BE SOMEBODY"

- Give the young person meaningful responsibilities such as doing the family's grocery shopping, being responsible for the maintenance of the car, preparing the income tax forms, making their own doctor's appointment.
- Invite them to be adults before they demand it. For example, respect the privacy of their room, drop the bedtime rule, change the curfew.
- Seek their opinions on problems that you face in your life, or on social or political topics.
- Encourage them to take part in stimulating experiences. Teenagers want to experience "risks" such as trying something new or different. Risks can be healthful and...