

## ***THE NEED TO "BE ONESELF"***

- Encourage them to make decisions. For example, increase a teenager's allowance so that they are responsible for buying their own clothes with it. Let them select their courses at school after having discussed with them the important issues and concerns. Allow them to solve their problems. Exploring alternatives is one way to encourage decision making.
- Let them experience the consequences of their decisions whenever possible. It helps them to develop internal controls.
- Support their setting their goals and trying to achieve them such as trying out for a part in a play, getting a part-time job, or saving money for a special event or purchase.

## ***THE NEED TO "EXPERIENCE THE BEYOND"***

- Encourage participation in "creative" acts such as music, dance, art, writing, or creating things.
- Encourage participation in activities that allow them to experience their own inner strength like a hundred-kilometre bike trip, camping out with friends, or organizing a community or school event.
- Clarify your lifestyle approaches and religious values and show that you are serious about them by living by them.

Many suggestions have been made, and they are clearly easier said than done. But the effort must be made, for there is no other way that we know of to build healthy people. Many of these things you may already be doing, and others may require only a small change in your behaviour or the running of the family. Others will require great thought and effort because their accomplishment will mean new ways of communicating with your children and dealing with problems.