



It Ain't Easy Being a Teen: Helping Your Child Deal with Stress

Designed For: Parents and Guardians

“My son has so much homework, he never sleeps.”

“Sports, music, drama, homework—I just don’t know how they do it.”

“My daughter feels like she has to do everything—college has become so competitive.”

Adolescence can be a challenging time with biological, psychological, and social changes. On top of the typical changes, stressors such as moving from middle school to high school, parental divorce, problems with friends or romance, grades and college pressure can overload some teens. Without coping skills, high stress can lead to anxiety, depression, withdrawal, aggression, physical illness or drug and alcohol use.

Using small group discussion, critical thinking and problem solving, participants will learn great tips and strategies to help teens deal with their high pressured lives.

Our goals are to help parents and guardians:

- Share concerns, as well as successes, that have helped to decrease stress in their families.
- Increase understanding about the effects of stress on teens.
- Explore strategies teens can use to decrease stress and enjoy this time of their life.

Average Length of Program: 90 minutes

Recommended Number of Participants: 20 - 100