


SUPPORTING YOUR TEEN

Remember your first high school partner - that first kiss or how it felt when you broke up? Dealing with a breakup or a relationship is difficult at any age. As adults, watching a young person go through their relationship reminds us of our own lessons learned and we want to share that information. This tool helps to ensure that we are supporting our teen the best way possible.




ADOLESCENT BRAIN DEVELOPMENT

Be mindful that a young person's brain functions differently than adults when having conversations around relationships

KEEP IN MIND THAT YOUNG PEOPLE:

- Think with the more emotional part of their brains
- Believe that how something makes you feel in the moment is more important than how they might feel in the future
- Are exploring their gender identity/presentation and sexuality
- Are biologically wired to begin separating from their families and be more independent




ADULTISM

It is important to recognize that adults hold more power than a young person in this world and not overpower the teen's decision making power

WHAT TO DO:

- Acknowledge that the feelings and relationship experiences that the young person's experiences are valid
- Remind the young person they have control over the trajectory of their lives
- Brainstorm what you and the teen can do for next steps



ADULT ROLE

Tips for the role you can play in the break up conversation

HOW TO DO IT:

- Empathize. Say back their feelings. Put yourself in their shoes.
- Ask questions to gain a stronger understanding of their feelings and thoughts. What do they want? What's realistic?
- Empower them. What are some options that they have? What do they want? What's realistic?