

Teenager problems



Teenagers is a complex phase of life in which there are so many physical, emotional changes. They are looking for independence and be in control of their lives, it is very concerning, and we have anxiety and depression top list for teenager. The survey found that 70% of teenagers saw mental health as a big issue: teenager dealing with hormone changes and issues of identity, sexuality, and alcohol they feel that no one can understand their feeling, especially parents.

We need to look at ways to help teens, we must stop complaining and take responsibility for our teens right now, like parents need to build lines of communication that are strong that your children always look to you as allies instead of enemies. (harris)

Is not easy time for children or parents. The best way you can do to help our teenagers get thorough that stage is to make them aware of these changes, we need to talk, care about them, and tell them that is ok to feel that way. We must encourage to do Physical activities, good eating habits-sleep on time that create good feelings and happiness we must be there for them to help them with their emotional problems, support them always. And of course, share our experiences.



We need like parents to support our teenagers in their emotional development. Family is the key for our children success in life. Our problems affect teenager's insecurities, rebellion, culpability. Parents are a guide everything they see; hear they will process in their own way. Like parents we need to learn to talk and be a good listener and not judge and criticizes them. Adolescence is very sensitive. Parents a **big job**, we play an important role in our teenager we must have good communication, we must be empathetic and try to understand what our Childs are going through. Love is the fundamental in this whole process of teenager problems.

Love



