Quick Guide to Teens

Remember……

1. Teens are full of hormones!
2. Teens need SLEEP

Emotionally

* They live in the NOW
* Moods can shift frequently
* They feel indestructible

Mentally

* They are quick learners
* They like to learn (even if they say they don’t)
* They are really good at multi-tasking
* They are creative

Socially

* Passage to independence
* Want connection
* Want significance/ love

Adapted from: Hunt, J. (2010). *Bonding with your teen through boundaries (revised edition)*. Retrieved from <https://ebookcentral.proquest.com>