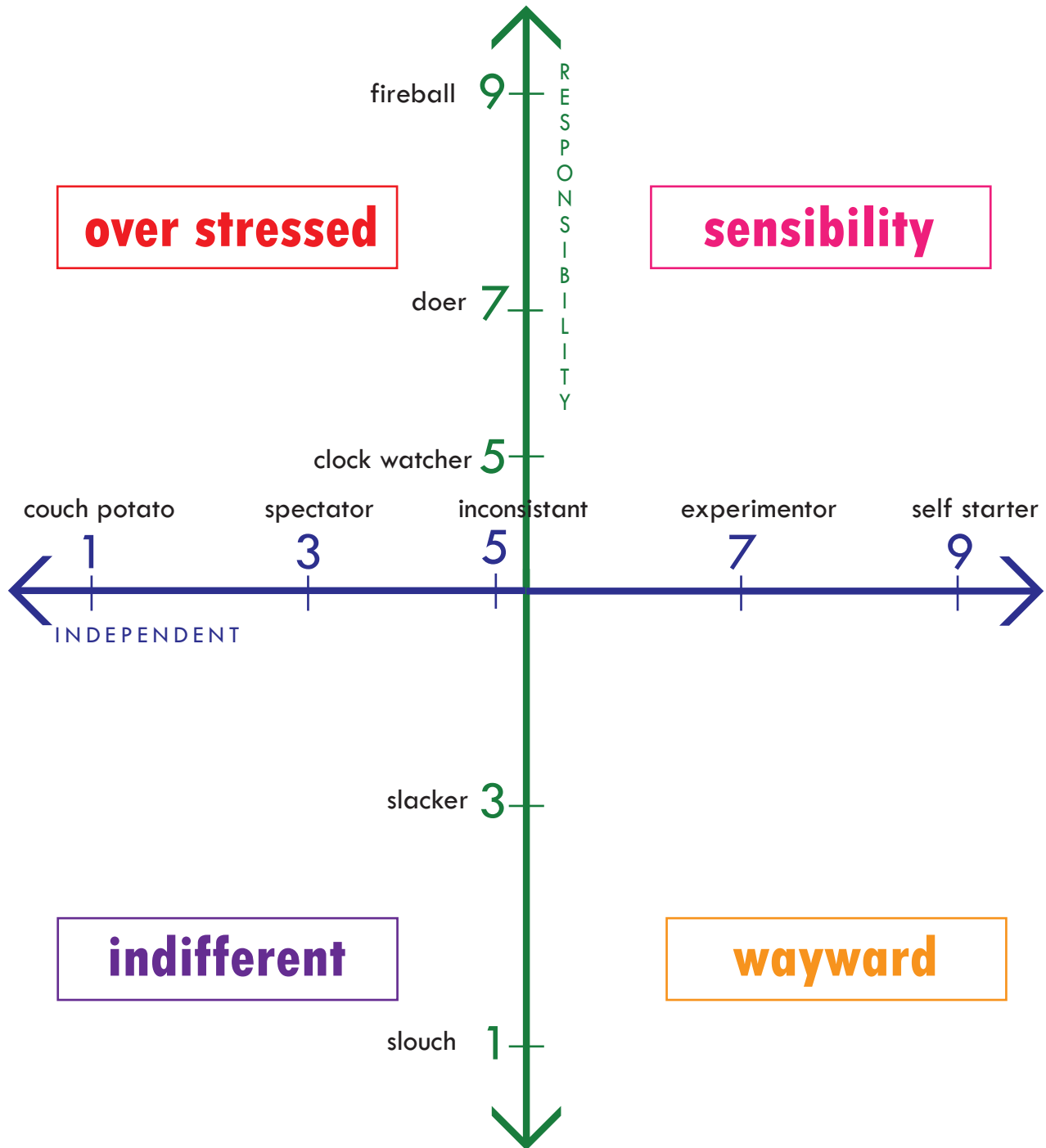


The Parenting Continuum



Where your teen falls on the continuum, is how to know how to best parent them.

Horizontal axis: Independence: (What teens want)

Most teens want to be able to try things on their own, experiment, find their own voice, determine their own destiny, not be treated as a child, not be told what to do, be given the chance for self-discovery: some teens are overwhelmed by demands for adulthood, afraid of the future, want to stay in safe territory; acting out (rebellion) looks different based on teens desire for security vs independence.

All teens are on a continuum from low (1) to high (9) and change over time as they have different experiences. Parents need skills in assessing/diagnosing where their teens are, interventions that make the most sense, and skills in pulling off interventions.

Vertical axis Responsibility (what parents want)

Parents want teens to act responsibly, mature, make good choices, be safe, not make mistakes they will regret later, not get hurt, understand the demands of the adult world by gaining life, career, and other needed skills.

Parents also need to figure out what their teens need at any given point of time and avoid "reactive" to events or activities where teens are "acting out" but instead become "proactive" by assessing their teens ability to make responsible decisions and act independently