



Kings Langley Secondary



Bedmond Primary



Bovingdon Primary Academy



Kings Langley Primary



Nash Mills Church of England Primary



Sarratt Church of England Primary



St Pauls Chipperfield Church of England Primary

## Kings Langley Partnership of Schools

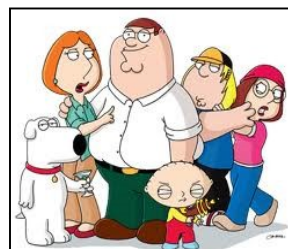
*Working Together to Prepare our Children for the Challenges of Tomorrow*

# Top Tips for Teen Health & Wellbeing A Guide for Parents



**Peer Pressure** - Many parents of teenagers worry about the influence their children's friends can have in the form of peer pressure. Most parents believe friends and peers are the biggest influence on their teenagers. While your teen's friends do play a role in the choices they make, the value of a parent's influence is still hugely important.

- ♦ Try to create an environment in the home where your teenager can talk openly about anything that's worrying them
- ♦ Introduce important topics while doing something else together, taking a walk or just doing the washing up
- ♦ Use stories in the media to approach difficult subjects and find out what your teenager knows and how they are feeling
- ♦ Let them know you are always there for them and try to remain calm and open when they do
- ♦ Let them talk and really listen before responding



## Spotting the signs and supporting teenagers through depression

Many teenagers are particularly vulnerable to depression, caused by the huge number of biological and social changes going on in their life, along with other factors like money worries and family breakdown. It can be difficult for many parents to know whether a child's moody or miserable behaviour is a sign of something more serious.



# Top Tips for Dealing With & Spotting Depression



## Signs to watch out for:

- ♦ persistent sadness
- ♦ loss of interest in life
- ♦ tiredness/low energy. If this has been going on for more than a week, a parent should seek help.
- ♦ treatments can include counselling, cognitive behaviour therapy and, in more extreme cases, medication.
- ♦ extreme moodiness, irritability and volatile behaviour
- ♦ giving up interests without finding any new ones
- ♦ showing a lack of interest in school and/or a marked decline in schoolwork
- ♦ concentration difficulties
- ♦ losing contact with friends or suddenly embracing new friendships whilst distancing themselves from family
- ♦ obsessively wanting to keep up with peers
- ♦ not washing or looking after themselves properly
- ♦ eating too much or too little
- ♦ being self critical and overly worried about appearance
- ♦ sleeping badly or too much
- ♦ risky behaviour, such as drug taking, excessive alcohol consumption and not being in control sexually
- ♦ thoughts of self harm



## How do you know how your teenager is feeling?

- ♦ Listen out for clues as to how they are feeling
- ♦ Common triggers could be an upset such as splitting up with a boy/girlfriend, or not doing well in something as they'd hoped
- ♦ Try not to belittle what they're going through, see it from their perspective
- ♦ Give lots of positive messages
- ♦ Encourage healthy eating, regular exercise and new challenges and adventures eg a new activity
- ♦ Acknowledge your teen is upset by listening and talking; use email or text if you teen is particularly uncommunicative
- ♦ Listen to your instincts; if you feel something is wrong, don't be afraid to ask for help



**For more information contact your School or contact your Student and Family Services Team on 01923 264504**

Information provided within this factsheet has been developed in conjunction with material available from Family Lives. For More information visit [www.familylives.org.uk](http://www.familylives.org.uk) or contact Student and Family Services on 01923 264504