

Parenting Teens

A practical guide to staying connected with your teenager: understanding the teenage brain, communication that works, rules and freedom, screens and social media, school and motivation, friends and first relationships, mood and mental health, and growing toward independence.

E-BOOK • US LETTER

- Stay connected through the teen years
- Talking, rules, screens and school
- Family agreement and talk planner

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This e-book offers general parenting information. It is not medical, psychological or legal advice. If you are worried about your teen's safety, mood, eating, substance use or behavior, contact your family doctor, the school counselor or a mental health professional. In a crisis, call 911, or call or text 988 (Suicide & Crisis Lifeline in the United States).

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