

TEEN BEHAVIORS

FORMING THEIR OWN IDENTITY

Teens are figuring out who they are and what they believe.

Typical teen behavior might include:

- Spending more time with friends and less time with family.
- Spending more time in their room alone.
- Trying out different personal styles (clothing, hair, makeup, etc.).
- Trying out different hobbies or having shifting interests.
- Experimenting with alcohol or drugs.

Signs of a problem might include:

- Complete withdrawal from parents and family.
- Forming a habit of using drugs or alcohol. Or a teen may show signs of a substance use disorder. These signs include things like having problems with school, work, or relationships because of drugs or alcohol.

EXPLORING CLOSENESS IN RELATIONSHIPS

Part of becoming an adult means learning how to have intimate relationships. These could be close friendships with intimate emotions. Or they might be romantic relationships with sexual intimacy.

Typical teen behavior may include:

- Having intense friendships.
- Being very influenced by peers.
- Focusing intensely on a "crush" or love interest.
- Being more curious about sex and intimacy. Or teens may explore physical intimacy through dating and sex.

Signs of a problem might include:

- A sudden change in peer group. This is especially true if the new group seems to be a negative influence.
- Risky sexual behavior. A teen may have many sex partners at the same time. Or they may have a string of sexual relationships that don't last long.

ADJUSTING TO BODY CHANGE

The teen years are a time of lots of physical changes. It can take some time for your teen to get used to their maturing body.

Some typical behaviors may include:

- Taking a long time to get ready to go out.
- Being more focused on how they look and how others look.
- Acting shy or self-conscious.

Signs of a problem might include:

- Being very critical of their body or how they look.
- Overeating regularly, restricting food, or purging.

SHOWING MORE INDEPENDENCE

Teens often start pushing away from their parents so they can start to make their own decisions about what they do and how they want to be.

Typical teen behavior might include:

- Testing boundaries and breaking rules.
- Not wanting help from their parents.
- Not wanting to share what's going on in their lives.
- Rejecting things they enjoyed or cared about in childhood.
- Having mood swings or arguing a lot.

Signs of a problem might include:

- Running away from home.
- Refusing to go to school, or skipping classes.
- Having temper outbursts that become violent.
- Being moody, anxious, or withdrawn beyond what seems typical for your teen. Or they may seem to feel sad or "down" more days than not.
- Self-harming or talking about suicide. If this happens with your teen, get help from a counselor. If it's an emergency, call 911.

**MENTAL
HEALTH
WORKSHOP**

**PLEASE WRITE A
NAME TAG FOR
YOURSELF!**





I PRAY THAT GOD,
THE SOURCE OF HOPE,
WILL FILL YOU
COMPLETELY WITH JOY
AND PEACE BECAUSE
YOU TRUST IN HIM.

THEN YOU WILL
OVERFLOW WITH
CONFIDENT HOPE
THROUGH THE POWER
OF THE HOLY SPIRIT.

ROMANS 15:13

