



WHAT ADOLESCENTS NEED

1. Limits set - What is safe and acceptable and what is not? What are the consequences? No second chances. Eliminate as much gray area as possible.
2. Discipline which carries over into every area of their lives. Discipline should be consistent and fair.
3. Positive role models - how do you handle stress, celebration and other life situations?
4. The opportunity to honestly express their feelings and thoughts.
5. Permission to fail and return - acceptance of the kid and tolerance for mistakes.
6. The opportunity to laugh.
7. Opportunities to be successful in school, at home, in the community, with peers, etc. Encourage them!!
8. Structured family activities - church, meals, etc.
9. Consistency with friends, school policy, parents, rules and regulations.
10. Accurate information about drugs and alcohol, crime, sexuality and other areas which might promote fear.
11. Honest communication with parents and other adults.
12. Genuine commitment from family and friends.
13. To be encouraged to be responsible.
14. Support from important adults in their lives as well as from peers.
15. To be trusted by important adults.
16. To be respected - treat them like you treat your friends.
17. To be touched - hug your kids!
18. Love - have you told them you love them today?
19. A Higher Power - to whom they can pray and ask for help.
20. YOU - AN ADULT IS WHAT HAPPENS TO A CHILD!