

TEENAGE FRIENDSHIPS

The Newsletter for the Parents and their Teens



MORE STORIES IN THIS ISSUE:

Parenting tips
Coping Strategies for
teens

RAISING MILLENNIAL CHILDREN

Navigating the complex
web

Navigating the realm of teenage friendships can be both exhilarating and challenging. According to the Australian Bureau of Statistics, adolescents often spend more time with friends than any other social group. Friendships play a crucial role in shaping a teenager's social and emotional development. However, they can also be a source of stress and conflict.

The World Health Organization reports that healthy friendships contribute to positive mental health outcomes for teenagers. Positive friendships provide emotional support, reduce stress, and enhance overall well-being. On the flip side, negative friendships can lead to feelings of isolation and anxiety.

BRAIN DEVELOPMENT

A neuroscientific approach

Dan Siegel, a renowned psychiatrist, and neuroscientist, emphasizes the importance of social connections in adolescent brain development. Teenagers are wired to seek social interactions, and friendships offer a platform for emotional regulation and self-discovery.

Teenage friendships are a cornerstone of adolescent development, influencing social, emotional, and cognitive growth. Friendships during this period go beyond casual connections, becoming a vital support system for teens as they grapple with identity formation and autonomy. These relationships serve as a testing ground for social skills, conflict resolution, and empathy. According to the Australian Bureau of Statistics, adolescents spend a significant portion of their time engaging with peers, highlighting the pivotal role friendships play in their lives.

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TIPS FOR PARENTS

1. **Open Communication:** Foster open communication with your teenager. Create an environment where they feel comfortable discussing their friendships and experiences.
2. **Encourage Healthy Boundaries:** Help your teenager establish healthy boundaries in their friendships. Discuss the importance of mutual respect and understanding.
3. **Model Healthy Relationships:** Be a positive role model by demonstrating healthy relationships in your own life. Teenagers often learn by observing.

COPING STRATEGIES FOR TEENS

1. **Express Yourself:** Share your thoughts and feelings with friends. It's okay to be vulnerable and seek support.
2. **Choose Wisely:** Surround yourself with friends who uplift and support you. Quality is more important than quantity.
3. **Conflict Resolution:** Learn effective communication and conflict resolution skills to maintain healthy friendships

