

52 Ways to Protect Your Teen

Guiding Teens to Good Choices and Success

Acknowledgements **i**

FOREWORD – Do Adults Fear Teens? **v**

How unexpected twists and turns of life and half a million teens turned my fears into a passion for helping others.

SECTION 1 – Talk May be Cheap, But Communicating with Your Teen is Priceless! **1**

It's a two-way street – teens can help us with insights as much as we can help them with theirs. It takes talking first. It takes resolve to not be judgmental – on both sides! It takes listening and knowing when to back off. In the end, you have a teen with a brighter outlook making better choices.

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Adolescents are vulnerable to self-doubt, low self-esteem, turbulent emotions and chronic confusion. Parents and other adults do not always recognize what is causing their teen so much angst and acting out. Some very significant issues can be easily overlooked including a teen's struggle with stress, rumors at school, coping through isolation, and emotions they don't yet understand.

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This chapter shares past conversations with teens, quoted

nearly verbatim, that I recorded after a day at their schools. Their stories shocked, startled, appalled and saddened me. Their stories desperately need to be told. It is a tough reality many teens cope with – alone – on a daily basis because most adults do not know how much they are needed.

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Note: Throughout this book, identities have been protected by using fictitious names and/or altering other identifying information.