



The Challenges and Needs in Adolescence

What do you notice about the challenges in adolescence facing your teen?

Challenges	My observations: how does my teen react?
Puberty	For example: They don't talk about the changes, don't ask questions. He's embarrassed about shaving his beard.
Developing their identity	For example: They need to see friends more often; want to learn guitar and drawing.
Brain development, managing emotions, and impulsivity	For example: They try to get around certain instructions in order to have fun with friends (I didn't know that. I thought you said yes.). They are less patient.
Develop self-confidence and self-expression	For example: It's hard to take the lead, whether they are waiting to make the first move or if you ask them questions. Your teen feels confident in sports and school activities. Self-affirmation to be developed.
Experience the transition from primary to secondary school	For example: Nice transition, created a good network of friends, stressed about which friends would be in their group, and whether they would find their way.

What concerns do I have about the challenges my teenager is facing?

How can I better support my teen as a parent by referring to their needs?

**I MAKE TIME FOR MYSELF.
I'VE ADDED TO MY AGENDA CONTINUING
THE TEEN CIRCUIT WITH THEME NUMBER 2!**

Centre intégré
universitaire de santé
et de services sociaux
de l'Estrie – Centre
hôpitalier universitaire
de Sherbrooke

Québec

