

Parenting during Adolescence

Adolescence is always a struggle¹ for **independence** and it is common for teenagers to challenge² their parents' ideas and views. Teens are usually out of balance at the same time as their parents are struggling with their own mid-life pressures. While teens are gradually acquiring more personal power, parents are often beginning to confront their own limitations. When parents and teens are getting along³, family life can be wonderful, as young people are enjoying and energizing, and their wit⁴ and high spirits make them fun to be around. But when parents and teens are at odds⁵, the teenage propensity for angry silence and rejection can frustrate and confuse the parents. Growing up is difficult sometimes and anger plays a key part in the process of separating from parents. Teens resent⁶ being dependent, but they are afraid of having to take care of themselves. Anger is a normal emotion and other related feelings like helplessness, hurt, frustration, confusion and guilt are often expressed as anger. It is normal for adolescents to try to test the rules. Since adolescents are dependent on their parents for a long time, they can develop a great deal of resentment, which can be expressed by defying⁷ parental restrictions. Parents need to help their children make the transition from parental discipline to **self-discipline**. For this to happen, teens need to learn how to negotiate and how to cooperate in setting rules and solving problems. Adolescents need to learn how to think for themselves so they can make the right choices when parents are not around. The parents' task is to help teens develop the ability to make good decisions for themselves and, above all, make them believe in themselves.

Glossary

1 fight – 2 protest against – 3 having a good relationship – 4 ability to say things that are clever and amusing – 5 disagree – 6 feel angry or upset about a situation – 7 refusing to obey



↓ READING COMPREHENSION

Answer the following questions.

- 1 Why do adolescents tend to challenge their parents?
- 2 In what sense are parents and teens often out of balance?
- 3 How do teenagers commonly react when they are at odds with their parents?
- 4 Why is anger important in the growing up process?
- 5 Where does resentment towards parents come from and how can it be expressed?
- 6 How can parents help their children during adolescence?