



Building Resilience by Helping Teens Gain Control

Parents can support teens to gain the protection that comes from having a sense of self-control.

Start by asking yourself:

- Do I help my adolescent understand that most things result from our actions and decisions? And that while no one can control all circumstances, we can shift the odds with our choices?
- Do I understand that discipline is about teaching, not about punishing or controlling? And do I use discipline to help my teen understand that actions produce consequences?
- Do I help my teen avoid feeling overwhelmed by providing guidance on how to take one step at a time? Do I teach my teen how to break problems down into manageable pieces?
- Do I understand that rules are most closely followed when my teen understands why they exist? Do I create rules that are about safety and morality?
- Do I reward demonstrated responsibility with increased privileges?

Adapted from Ginsburg KR, Jablow MM. Building Resilience in Children and Teens: Giving Kids Roots and Wings. 3rd ed. Elk Grove Village, IL: American Academy of Pediatrics; 2014