



Things Just Aren't the Same...

- 1. Adolescence is a time of change - for the whole family!**
- 2. Lots of things change during adolescence, physically and emotionally:**
 - ◆ Bodies change and hormones run rampant.
 - ◆ Values and attitudes vary from day to day.
 - ◆ Independence and freedom become very important.
 - ◆ Relationships with family and friends change.
- 3. The teen years can be frustrating for everyone. Family roles change and outside influences play a bigger role in a teen's life.**
- 4. Look for these emotional changes that may be happening in your home:**
 - ◆ Moodiness is normal, depression is not...
 - ◆ Impulsive behavior happens more and more. This may lead to tempers running high and disagreement with adults.
 - ◆ Anxiety about growing up is all part of the game. Some teens may feel like staying a kid forever, while others can't grow up fast enough.
 - ◆ Sexual feelings happen more and more. All those hormones lead to more thoughts about peers and sex and less about family members.
- 5. Friends play a big role in adolescence, but the family is still important.** Providing love, support, and open communication can help to make this challenging time easier for everyone.

We're here to help. To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

dsc.uic.edu or like us on  facebook.com/dsc.uic.edu