

Teens * Social Distancing * Covid 19

What parents may be seeing/hearing:

excessive screen time
swearing
defiance
disrespect
ignoring

complaining
sneaking
refusing
fighting
leaving

What teens may be experiencing:

boredom
helplessness
lack of skills
disconnection
emotionally
dis-regulated

fear
worry
confusion
powerlessness
misunderstanding
worry about social status

Rather than focusing on the tip of the iceberg, problem solve with teens by addressing what is under the surface

