



Key Advice to Parenting Teenagers From Rockford High School Students

- Knowing when to discipline their actions and knowing when to back off and let them figure out what the right thing is to do.
- Know they will mess up, but trust you raised them right.
- Stay out of your teen's drama. You will become that crazy parent and embarrass your kid.
- Don't ask 1,000 questions the second you see your son or daughter.
- Sometimes we just need sleep. Give us alone time.
- Be able to adapt to new ages because times change and so do people.
- I wish my mother would stop telling me to get over everything and listen. I don't care that "You're just going through what your sister did." I'm not her. I need help.
- Always being there to support your child no matter what.
- Let them learn their own lessons and live their own life. The more you force them to act or do things that you think they should do, the more they will rebel. Also, you have to understand that teens have stress too. Whether it's school or relationships, there is more pressure on them to be perfect than you think.
- Gaining and keeping trust.
- Sometimes teens just need space before they can open up.
- Experience – Let them figure it out but be there when they need and ask for you.
- If your teen is safe and doing what they should be doing (school, homework, work, etc.), don't control and restrict their whole life. Make them feel independent. Independence is the key to growing up.
- Allow them to experience many different things through sports, music, art, theater, and technology. If they want to try it, let them. Don't make them stick with something they don't want to do.
- Be patient, you don't know what's going on in our heads or how our day is going.
- Let them live.
- Be open-minded.
- Try not to get angry when they do something wrong...they're doing their best
- Let them make their own mistakes and understand that they need to learn from their own experiences. Don't shelter your kid from everything bad because you can't protect your kid forever.
- A healthy honest relationship
- Mental health before grades
- Don't yell "Stay calm" try to put yourself in their shoes.
- Interact and show you care.
- Listen to them.
- Don't accuse them...just ask.
- Yelling doesn't solve anything. Be supportive and always make sure they know you love them.
- Listen and actually care about what your kid has to say.
- Give them freedom and some space. All teens need a lot of their own space, but also a lot of family time.
- To love and to listen.
- Teaching and involving kids in the word of God.
- Understand that society is different now, high school is different than when you were teenagers.
- School is stressful. We just need a break when we get home.
- Don't judge your children. Don't blame them for everything. Don't overwhelm them.
- Give your child freedom. The skills and experiences they will learn are more important than "clean your room first" or "not until you do ____ (homework, chores, etc.)"
- Space, yet support.
- Let me make my own mistakes and not control me so much.
- Don't blame me for the decisions my friends make.
- Freedom – They need to experience life on their own, not always when their parents are controlling every aspect of their lives. Kids these days need to learn from experiences.