

Raising a Teen

Student's Name

Institutional Affiliation

8-2 Journal: Raising a Teen

Raising a teenager from 14 to 18 years old comes with unique challenges and opportunities. As a parent, developing successful strategies is crucial to support your teen's transition to adulthood. One effective strategy is open communication. Encouraging honest and open dialogue allows teens to express their thoughts and feelings, fostering trust and understanding. According to our readings, adolescents who feel heard are more likely to make responsible decisions and seek parental guidance when needed (Oates, 2020).

Another critical strategy is setting clear boundaries while allowing independence. Establishing rules helps teens understand expectations, but providing autonomy within those boundaries encourages them to develop decision-making skills. The course material supports this balance by emphasizing the importance of guidance combined with the freedom to make choices (Oates, 2020).

Relating these strategies to my personal experiences, I recall how my parents balanced support and independence during my teen years. They encouraged me to take on responsibilities, such as a part-time job, which helped me develop a sense of accountability. This aligns with the course material's emphasis on responsibility through tasks like part-time work or chores.

When I compare my perspective with the course content, a notable similarity is the emphasis on communication and trust. However, a difference lies in the approach to discipline. While the course suggests a more collaborative approach to setting rules, my personal experience involved a more authoritative style. Despite this, both methods highlight the need for consistency and fairness.

In making relevant connections, I find the strategy of open communication directly ties to our readings on adolescent mental health. For instance, discussing issues like anxiety and

depression openly can help teens feel supported and reduce stigma. Additionally, the strategy of balancing independence with boundaries relates to our discussions on peer influence, as teens who understand limits are better equipped to handle peer pressure.

Overall, these strategies and their alignment with course material underscore the complexity of parenting during adolescence. By combining evidence-based approaches with personal experiences, we can better navigate the challenges and support our teens' development into responsible adults.

References

- Oates, J. (2020). Research ethics, children, and young people. *Handbook of Research Ethics and Scientific Integrity*, 623–635.