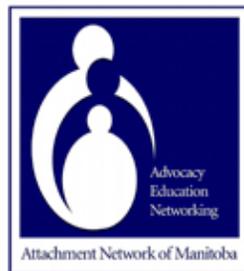


“Love me even when  
I make mistakes, so I  
can feel safe enough to  
learn from them.”



# 10 Things YOUR TEENAGER Wants You To Know



## ATTACHMENT NETWORK OF MANITOBA

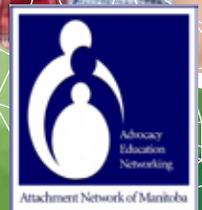
[attachmentnetwork.ca](http://attachmentnetwork.ca)  
[attachmentnetwork@shaw.ca](mailto:attachmentnetwork@shaw.ca)

### FOR MORE INFORMATION ON ATTACHMENT VISIT:

[circleofsecurity.net](http://circleofsecurity.net)

### MANITOBA PARENT ZONE:

[www.manitobaparentzone.ca/parent-or-caregiver/teens/](http://www.manitobaparentzone.ca/parent-or-caregiver/teens/)



**1 I'm developing my independence, but I'm not always sure about things.** I still need your guidance and listening ear to keep me on track.

**2 Be sensitive to my need for privacy, physically and emotionally.** If you are curious about what I am doing online or with friends, ask me and let's have a conversation.

**3 I still need you to be Mom or Dad. I don't need you to be my friend.** I may be getting a lot of pressure to use alcohol, drugs or have sex and I need you to talk with me about these tough issues.

**4 I need you to be firm and kind.** When we butt heads, I am pushing the boundaries because I really don't know where they are yet. Listen to my side of things and tell me yours, so we can find a solution that works for both of us.

**5 It's still important for us to be close.** The way I want to get affection from you may have changed, but I still need to hear that you love me.

**6 Don't be afraid to let me fail.** I may learn more important lessons about life from my failures than my successes. Sometimes I just need you to listen and support me when things are falling apart. I don't necessarily need you to fix it for me.

**7 I need to feel respected and trusted.** My goals and dreams are important to me and may be different from yours. I need you to believe in me instead of being critical or shutting me down.

**8 Be patient with me.** Understand when I want to do things without you. Don't take it personally - I don't really hate you! Sometimes my mood can change. I know this is hard for you, even though I might not be able to say it.



**9 See my strengths.** Let's find new things to share and enjoy together. Be proud of who I am becoming, not just the things I achieve.

**10 Family traditions and coming together are important to me too.** As our family grows and changes we still belong to each other and it feels good to have that connection.

