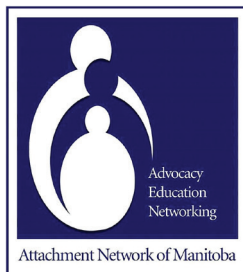


"Love me even when
I make mistakes, so I
can feel safe enough to
learn from them."



10 Things **YOUR** TEENAGER Wants You To Know

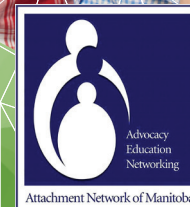


ATTACHMENT NETWORK OF MANITOBA

attachmentnetwork.ca
attachmentnetwork@shaw.ca

**FOR MORE INFORMATION ON
ATTACHMENT VISIT:**

circleofsecurity.net



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.