



Building Healthy Relationships with your Teen

A Presentation by Rev. Vincent Chirichella

A close-up photograph of several people's hands clasped together in a circle, symbolizing unity and relationship. The hands are of various skin tones and are positioned in the center of the frame. The background is slightly blurred, showing more people and what appears to be an outdoor setting. The overall tone is warm and positive. There are decorative graphic elements: a light beige circle in the top right corner and a dark teal circle in the bottom left corner, both with thin white outlines.

We are made for
relationship

The Need for Relationship



1. Theological Understanding of Relationship. The book of Genesis. Made in the image and likeness of God. Trinitarian Love.

2. Human Understanding of relationship. Attachment theory the need for a healthy relationship with Mother and Father.

3. Pitfalls of poor attachment to Mother and Father.
4. Sibling Relationships, and the need for friendships.

I want to fit in and be part of the group



Trying to find a balance between parents and friends. Where do I fit in?

1. Your Teens need you even though they may push you away.
2. Trying to find a balance between peers and parents can sometimes be difficult for teens and cause tension in the family unit.
3. Try to be patient with them as they try to find their way. They want to belong and they want to fit in.



Negative outcomes of Peer Pressure

Poor grades

Alcohol and Drug experimentation and abuse

Bullying others

Behavioral problems at School and at Home.

Teens can mimic the negative behaviors of other teens to fit in with the group.



The Pressure to fit in is intense

- Teens are under tremendous pressure to fit in.
- They are afraid of the embarrassment of not fitting in this is sometimes accompanied by shame.
- They fear being alone, being left out and being ostracized.
- They fear ridicule. Feeling foolish, hurt, intimidated and offended.





Adults Just Don't Understand

- We all want to fit in.
- It's hard juggling grades and friends.
- I sometimes feel abnormal. I just want to fit in.

The Influence of Social Media

Teens are influenced by what they see on Social Media.

There is peer pressure by what is watched on T.V. Twitter, Instagram, Snap Chat etc.



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Be aware of what they are looking at and who they are interacting with. There is tremendous pressure to be liked on social media.



Not all friends are friends

- Your teen needs good friends. They need someone to confide in and whom they can trust.
- Having a good friend is very very important to them,
- They want a genuine friend who is a peer.
- A good friend can offer real support to your teen. They need to share their feelings with someone they trust.



Friends can be a help in school or can they hurt?

- They need help fitting in, with their academics, and being part of any extra-curricular activities ie. Sports, band, and clubs.
- Be aware of your Teen being isolated or alone.
- Be aware of any bullying that may be going on.



Sexuality and the need to be accepted.

- Adolescents are trying to discover who they are and their sexual orientation.
- Despite the tremendous openness in our culture many teens can have the fear of not being accepted by their peers because of their sexual orientation.
- Be aware of the pressure your teen may be under to fit in because of their sexual orientation.

How do I build a healthy relationship with my teen?



Encourage Listen and Listen some more.

- Teens are full of energy, and they have a creative spirit. Try to encourage them in what they are interested in.
- They can sometimes push you to the brink by acting out don't take it personally they are trying to discover who they are.
- Part of adolescence is pushing away from parents. This may be hard for a parent to accept. But this is necessary for them to become an independent adult in the future.



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My Teen should listen to me.

- As parents you were used to telling your child not to do this or not to do that and they listened.
- Now they don't listen? What's going on? Who's in control here?
- Rules are good but too many rules may push them away even further. What do I do? Help!
- Try to listen to what they are feeling. Be strong you will get through this. It's a normal part of growing up.



Is your teen pulling away from you?

- Strict rules will push them away from you. Teens are allergic to rules. They hate them.
- Lecture less and listen to them more. They think they know more than you even though in reality they don't. Be patient with them and listen to them.
- Set boundaries with them and be patient if they mess up.
- Ask questions of them and listen to them. Ask them how they feel and let them talk first. You then can talk to them and tell them what guidelines you have for them.



Don't panic they love you and want a relationship with you.

- Try to spend time with your teen. Not yelling not lecturing just some relaxing time with them.
- Ask them what would they like to do?
- Don't criticize them and praise them when they do something right. Praise their accomplishments and celebrate them.
- Your teen should be able to talk about anything with you.
- You don't have to be their best friend. You are still the parent. Try to be an ally someone who they can talk to and share anything with you.





Building a relationship around our faith.

- Hopefully when they were children seeds were sown by you the parents, their school, and their religious education.
- Teens can sometimes walk away from their faith as they try to explore the world. Don't panic. Continue to pray as a family, invite them to Church.
- Make a Sunday routine centered around going to Mass. Mass, breakfast and fun.
- If they are in a youth group then thank God. You have done something right. Hopefully the seeds that have been sown in the youth group will help them to be faith filled adults.
- Pray for them, love them , and always listen to them.