



# TEEN TIPS

Practical  
support  
for parents  
& schools

## Friendships & Relationships

- Help young people understand that how they speak to themselves will affect their self-esteem.
- Teaching good social skills is vital for healthy relationships. Shy is cute at 2 but can come across as rude at 22!
- Remember the OK Corral & avoid the “I’m Ok/ You’re Not Ok position with your children. We need to model the I’m Ok/You’re Ok position.
- Do not try to micromanage their relationships - when they fall out (& they will) be the bear not the goat.
- Check they are reading the social cues correctly.
- Discuss healthy & unhealthy relationships; consent; pornography & friendship before intimacy.

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