## SAFE kids HEALTHY kids HAPPY kids



## **What Teen Girls Do Not Tell Their Parents**

Teens share their innermost thoughts with their friends, but may not be so honest with their parents. A teen magazine editor shares what teens wrote in recent letters and emails.

**1. Teenagers think about sex.** It does not mean that they are having or even want to have a sex. It is natural for them to ask questions.

The media is full of sexual imagery. Let your daughter know that she can ask you anything. Be ready to answer her questions or help her find answers. Do not judge, and do not ridicule. If she does not ask you, she will find the answers elsewhere.

- 2. Teen girls want to be a star or be with a star. They want to meet, date or tour with their idols. Many think that being a star is a good career—they do not understand the hard work and sacrifice. Do not make fun of your daughter's fantasies. You can, however, talk to her about her dreams and career options. Tell her college is an option. Help match her interests with possible careers.
- **3. Teenagers take money for granted.** They rarely understand waiting and saving for something. Parents often buy their kids the latest DVD, video game and fashions as soon as they hit the stores. Discuss your family budget. Help her set realistic spending goals. Encourage her to earn money for special items.
- **4. Many teens are spiritual.** They believe in God and in faith issues. They also believe in "causes" like the environment or stray animals.

Share your beliefs with your teen. Become involved in a faith community. Volunteer. Be interested in your teen's passions.

**5. Girls express who they are through their bedroom décor.** It is filled with pictures and "things" that define who they are.

Let your teen express her creativity and individuality in decorating her room. In fact, help her paint or shop for "things" for her room. 6. Teenage girls worry about how they look.

They spend time looking at themselves. They are concerned about their looks. It is normal, but it can become unhealthy.

Encourage self-confidence. Instead of discussing weight, talk about healthy eating and exercise. Fix healthy meals. Teach her to cook. Talk frankly about ads and models

7. Friends are very important.

Teens will spend hours on the phone,
I-messaging and talking to friends
behind closed bedroom doors. It's OK.
Their friends help define who they are
and share in their passions and interests.

You do, however, want your teens' friends to be a positive influence.

Do not let them hook up with kids who do drugs, drink alcohol, smoke or join gangs.

**8. Love often hurts.** Teen relationships have highs and lows. Break-ups can be hurtful.

Be available when she wants to talk. Take her feelings seriously, and do not underestimate how she feels.

9. Teens believe the world is a scary place.

They are concerned about school shootings, violent boyfriends and drugs slipped into drinks at parties. *Talk to your teen daily. Discuss what they see, read and hear.* 

**10. Teens love and need their parents.** It may not show, and they may not tell you. Yet, they have told the editor of a teen magazine.

Take your role as a parent seriously. You are the one person who loves your teen enough to guide, discipline and help her find success.

Call the Parent Help Line. We listen. We can find you help. 544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m. , 7 days a week.