

YOUR EXPERIENCE WITH ADOLESCENCE

You as an adolescent

Incappable Behaviors

When you made a mistake as an adolescent, regardless of how big or small, were you afraid that you would be kicked out of your house?

When you were an adolescent, were you ever challenging or “mouthy?”

Did you ever lie to your parents when you were a teenager?

When you were an adolescent, did any of your friends, family or others close to you, including yourself, ever experiment with alcohol?

When you were an adolescent, did any of your friends, family or others close to you, including yourself, ever experiment with drugs?

Did you have stressors as a teenager that you did not talk to your parents about (i.e. peers, grades, dating, etc)?

Importance of Friends

Think back to your friends during the high school years, how long was your longest friendship at the time of your graduation from high school?

Were you able to hang out with your friends in high school (i.e. events, movies, overnights)?

How important were your friends when you were an adolescent?

Were you able to go on dates with a significant other?

Security and a Sense of Belonging

How many schools did you attend as an adolescent?

Did you have a sense of belonging as an adolescence?

Did you feel like you were important to the people you were living with as a teenager?

Lifelong Connections, Love and Support

Did you feel prepared to step into the next phase of your life when you graduated?

Did you have someone pushing you to succeed through college?

Do you have a family who you can count on today and who you know loves you?

Parenting an Adolescent

Have you ever parented an adolescent?

Have you ever had to provide discipline to your adolescent because of alcohol?

Have you ever had to provide discipline to your adolescent because of drugs?

Has your adolescent every become extremely challenging and “mouthy?”

Have you ever asked for your own child to be removed from your home because of their challenging behaviors?

Have you ever struggled with how to appropriately respond to your adolescent’s behaviors?

Would you ever let anyone else make important decisions about your teenager?

Have you had family to help you juggle the responsibilities of parenting over the years?