

Support for Common Teenage Issues

11- 19 year olds

Parenting teenagers can be challenging and many parents find it hard to adapt to changes in their child's behaviour as they grow up. Some parents see changes in their teenager almost overnight whereas others see gradual change. Here you'll find lots of links to practical advice on how to deal with common teen issues.

i-Rock – A drop in service for young people 14 – 25 in East Sussex who may experience emotional wellbeing, mental health, education, employment or housing concerns.

11-19 Safety

Drug taking

Some teens may be tempted to experiment with alcohol, drugs or smoking and as a parent that can be frightening.

Local: **Drugs and alcohol**

National: **Talk to Frank**

Other: **CGL | Change Grow Live – health and social care charity**

Internet Safety

Young people are very tech-savvy so it is important to protect our children from harmful material and teach them to use the internet.

Local: **Staying safe online**

National: **Thinkuknow**

Other: **O2 and NSPCC**

Other: **Fussy eaters**

11-19 Eating and Nutrition

Eating Disorders

If you thought you'd left worries about food behind when your child stopped being a toddler, think again. Teenagers are more vulnerable to eating disorders than any other age group.

Local: [Sussex Partnership](#)

National: [Eating Disorders](#)

Other: Types of eating disorders | [Mind](#), the mental health charity – help for mental health problems

11-19 School & Learning

Exam Stress

Exam time can be very stressful for everyone in the family. Your child may not want to sit all of their exams, or perhaps getting them to revise has become an uphill struggle.

Local: [Health and wellbeing – East Sussex County Council](#)

National: [BBC Bitesize – GCSE/](#)

Other: [Exam stress and pressure](#) | [Childline](#)

Issues at School

Teenage problems in school can be a very daunting time for families as they struggle to deal with the issues their child may be facing.

Local: [Education and learning](#)

National: [Issues at school – Family Lives](#)

Other: [Youngminds](#)

Other: [Bedwetting](#)

11-19 Health & Hygiene

Mental Health

Mood swings are normal in teenagers but some teens could be coping with something more serious.

Local: [Connexions 360](#)

National: [YoungMinds](#)

Other: [MOODJUICE – Self-help Resource Site](#)

Sexual Health

Talking to your teen about sex can be challenging no matter how old they are. On-line resources can provide a way to springboard into important conversations.

Local: [East Sussex Sexual Health](#)

National: [Brook](#)

Other: [Sexual health](#)

11-19 Behaviour & Discipline

Communication

Teens come with a whole new set of parenting concerns and knowing how to talk to them can be tough.

Local: [Communicating with your child](#)

National: [Talking to Teenagers Tips](#)

Violence

Setting boundaries for your teen is an essential part of parenting. If your teen is being regularly verbally aggressive or even physically violent, this can cause real problems in your home.

Local: [Teen violence at home](#)

National: [Teen aggression and violence](#)

11-19 Sports & Fitness

Body Issues

During adolescence young people often think a lot about how their bodies look. They also compare their bodies to others. A positive teenage body image is an important part of healthy self-esteem.

National: [National Centre for Eating Disorders » Body Image](#)

Other: [The Be Real Campaign – Body Confidence for Everyone](#)

11-19 Child Development

Self Esteem

While it can be normal for a teenager to lack confidence, at times teens with low self-esteem issues often view themselves as unworthy. Low self-esteem can be particularly hard for young people as it's a time when they're exposed to new life events, like starting secondary school and forming new friendships and relationships.

Local: [Helping your child build self-esteem – Family Lives](#)

National: [Building confidence and self-esteem | Childline](#)

Other: [Raising low self-esteem](#)

Sexual Identity

It's a common source of anxiety for parents to know how to support a child if they come out or have questions about their sexual identity.

Local: [Allsorts Youth Project](#)

National: [Sexuality | Childline](#)

11-19 Parenting with Additional Challenges

Step-families

The variety and complexity of family life today means that new skills are needed all the time. Step-parenting is one of those new skills.

Local; [Family Lives](#)

National: [Stepfamilies](#)

Divorce & Separation

Sometimes, when there's nothing else for it, marriages and relationships end in divorce or separation and couples have to go their separate ways. If you have children, it's important that your break-up goes as smoothly as possible to have as little impact on them as you can manage.

National: [Deciding what to do when you separate – Citizens Advice](#)

11-19 Debt & Money

Debt/Money

No debt problems are unsolvable. It might not be easy or quick, but there's always a route. And the earlier you deal with them, the easier they are to deal with.

Local: **Benefits**

National: **Christians Against Poverty | Debt Counselling Charity**

Other: **StepChange Debt Charity – Free Expert Debt Advice.**