

Promoting Teens Independence Top Tips

While some teenagers crave freedom and independence, others need a little encouragement to become confident and self-motivated. Helping your teenager to become more independent could help build their confidence, self-esteem and resilience.

Give More Responsibility

Being independent begins with being responsible. Parents should encourage their teenagers to be more responsible by allowing them space to take on new roles/duties at home, in school & in the outside world, e.g. going to the shops. These responsibilities will change as your teenager gets older.

Clear Boundaries

Talk to your teen about taking on more responsibility and establish a clear set of set boundaries about their behaviour and actions so they are fully aware of what is expected of them and what they are not allowed to do.





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Be Patient

- * Your teen may want more independence than you are comfortable with. Learning to be responsible and having freedom are all part of becoming an adult. Try to build up trust in small steps, so you and your teenager feel safe and supported as they grow.

Decision Making Skills

- * Teaching your teen how to make decisions is a big step in preparing them for independence. If you allow them to work things out for themselves, they'll become more able to identify and solve problems. They'll also gain skills in rational thinking and listening, and will develop the ability to prioritise and compromise. Encourage them to stay calm, listen and think things through.

Manage Time & Money

As your teen exercises their independence money & being responsible for their own time plays a greater role in their lives. Encourage them to plan ahead for what they want to do or buy, setting realistic goals

Letting Go

It can be daunting to let go & help your teenager to be less dependent on you. By progressively 'letting go' and allowing your teen to become more independent, you learn to trust them and they learn to trust themselves. It requires a bit of trial and error on both sides, but with your guidance they can grow and learn, and go on to great things.

Support line: 0808 8010 722
parentingni.org

