

## Chaplain's Spot

### 20 ways to help teenagers handle their anger.

#### Part 2



Teenage anger can be frightening, especially when they are taller than you. We need to work on ways to deflate the balloon without it bursting. Here are ideas on how to help our teens keep anger under control.

**11] Try to understand things from your teen's perspective.** Teenagers need to break away and become independent adults. We can't protect them from mistakes. Just be there for them.

**12] Help your teen problem-solve and find solutions.** Sit down with them and come up with a whole range of possible solutions. Ask them which solution they want to try first.

**13] Don't give attention for bad behaviour** – what we need to do is notice when they follow the rules, comment on their achievements. This will have a positive impact eventually.

**14] Give at least five positive comments to every negative one.** Author Daniel Goleman found that people needed five positive comments for each negative comment.

**15] Ignore passive aggressive behaviour.** If you ask your teen to help out, and they do it, but they moan about it, ignore the comments and give them a polite thank you.

**16] Consider depression.** About twenty percent of teenagers will experience teen depression before they become adults, so it is worth taking your teen to the GP if you are concerned.

**17] Give them a way out.** When tempers flare parents often give an all-or-nothing ultimatum. Tell them that you will be talking to them when the situation has calmed down to discuss consequences.

**18] Keep trying.** Parents who persevere and continue to work with their teens are the ones who generally manage to save their relationship.

**19] Keep your sense of humour.** Make sure that you take time out for yourself and continue to find time to have a laugh with your friends too.

**20] Show your love and caring.** Buy your teens favourite food, sit and chat with them, put your arm round them, smile when you see them, tell them or write a note to help them feel loved and valued.

#### One Liner of the week:

Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad.

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