Understanding the Roles

Teens experience many changes, from physical and emotional changes to social roles and relationship changes. Creating healthy behaviors early on will play an important role into adulthood. Teens need involved parents and doctors. However, they also need privacy.

Parent

- Support their teen
- Listen without judgement
- Guide them
- Set limits
- Express love
- Acknowledge strengths
- Give them their time

Teen

- Want more responsibility
- Want more independence
- Need more privacy
- Think about personal concerns
- May feel no one understands
- Explore new behaviors and activities

Healthy Teen Healthy Lifestyle

Doctor

- Ask about strengths
- Build trust
- Act as health adviser
- Advocate for healthy choices
- Help with risky behaviors
- Listen to concerns
- Provide confidential health services

Additional Resources: Healthy Families Line: 800-369-2229 TEEN Line: 800-443-8336

www.idph.iow.gov/Adolescent-Health

