

AVOIDANCE TECHNIQUES

For Your Young Person

Adolescence is a period of change that can be filled with risks and opportunities. As young people transition from childhood to adulthood, they can become vulnerable to potentially harmful behaviors. Talk with your young person in order to help make this period in their lives a positive one.

GIVE CLEAR BOUNDARIES AND REASONS

Setting clear expectations goes without saying, however explaining the why behind those reasons is also important for the adolescent decision-making process.

TALK ABOUT RISKY BEHAVIORS

Young adults who are educated about the risks associated with reckless behavior tend to have fewer issues. Talking about the pros and cons of potential behavior can have a strong impact on the involvement of risky behaviors.

TALK ABOUT WHAT HEALTHY RELATIONSHIPS LOOK LIKE

People who love and care for you won't make you do things you aren't comfortable doing. Talking with young people about boundaries is critical to their own safety.

TEACH THEM REFUSAL SKILLS

Young people may be more susceptible to peer pressure, allow them the opportunity to practice saying no, recognize positive and negative scenarios, and find a trusted adult for support.



6 strategies to Reduce Risky Behavior in Teens and Preteens. www.parentingforbrain.com/risky-behavior/
How Peer Pressure Affects All Ages. www.verywellhealth.com/peer-pressure-in-teen-and-adult-life-5323858.

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