

The Teen Years- Keeping It Positive



What does It Mean to Be “Socially and Emotionally Healthy”?

1. **A General Sense of Well- Being** and control over your life, allowing you to join in with things and make good decisions about different situations (e.g. not doing drugs; getting enough sleep; healthy relationships; setting goals).

2. **Being “Resilient”**

The teen years have their ups and downs. These are the years that shape who you are, your identity. There can be hard times and new pressures- your appearance, your family, the social scene, school work, part-time jobs, pressure to smoke and drink, get high, have sex... For some, there may be more serious problems to deal with such as child abuse or neglect, homelessness, an ongoing illness, or a parent who has drinking or drug problem.

When there are more downs than ups, it can take extra energy to handle all the feelings and to go on with the routine of life... to cope. It is important to have a solid relationship with a caring adult, such as a parent, teacher, coach or mentor. For others, it also helps to do things that make them happy, such as playing basketball, listening to music, dancing, reading, or writing in a journal. For some others, it might mean spending time with friends or getting involved in activities at school or in their communities.



Certain qualities and factors help to build up a person’s resiliency, such as:

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| ▪ Relationships | Flexibility |
| ▪ Caring Adult(s) | Self-Motivation |
| ▪ Competence | Self-Worth |
| ▪ Spirituality | Perseverance |
| ▪ Creativity | Service |
| ▪ Life Skills | Humor |
| ▪ Inner Direction | Perceptiveness |
| ▪ Independence | Positive View of Future |



“Resiliency...is about bouncing back from problems and stuff with more power and more smarts.” -Sean (A 15 year old High School Student)