



MOST THINGS ABOUT THEIR WORLD ARE CHANGING. DON'T LET YOUR LOVE BE ONE OF THEM.

You know it. They know it. Teenage years are growth years and ones of great change. Not only are their bodies growing but also their brains - which continue to develop until their early to mid 20's. Teens need food, sleep, and exercise and lots of love and support – the same as for a child, but in different ways.

The family (whanau) is the most important building block for a healthy teen, with a safe and secure home being the place they can learn and grow. Just like the tupuna tamariki, who believed that they would not be harmed whatever they did, today's kids now need to believe this too. They must know and trust everyone in their home.

Parenting a teenager isn't easy, but it can be a lot of fun if you follow a few basic guidelines, such as keeping a close relationship, supporting your kids as they learn from their mistakes, and serving as a good role model.

Current alcohol law reform policy has highlighted an increase in parental responsibility around the supply and supervision of alcohol to young people. With new research available on the harmful effects of alcohol consumption, it is important for parents/caregivers to be informed about the risks and supported in ways to minimise the harm to their teenagers.

By adolescence, your kids should know the facts about alcohol and your attitudes and beliefs about other drug use. Now is the time to focus on what you've already taught them and work on keeping the lines of communication open.

This booklet offers you some simple ways to improve your communication and build a stronger bond with your son or daughter. The material draws upon principles from the Tikanga Whakatipu Ririki model and from positive parenting techniques. It focuses on the topic of alcohol in particular but the same principles may be applied to most topics challenging young people and their parents/caregivers.

Try not to be overwhelmed by all of the material.

Pick just one idea at a time – think about it and give it a try for at least a month to see what changes might happen. It's never too late to strengthen your relationship with your teen – you just have to stick with it – and find what works.



Teens who spend time, talk, and have a close relationship with their parents, are much less likely to drink, take drugs or have sex.