

Health Hints



NORMAL BEHAVIORS IN TEENS

Parenting teenagers is a lot like riding a rollercoaster, with many ups and downs along the way. Some parents see changes in their teenager almost overnight while others may see a more gradual change over time. Remember that the roller coaster ride your child puts you on is also the one that they're feeling inside.

It is not uncommon for parents to wonder whether their child is acting like a “normal” teenager or behaving differently due to mental illness, drug use or behavioral difficulties. Normal teenagers are often moody due to the hormonal and physical changes that happen during puberty. However, when mental illness or drug use is involved, it may be difficult to differentiate “normal teenage behaviour” from the symptoms of depression, anxiety and other emotional difficulties.

If you have concerns about your teens behaviour, speak with your family doctor or nurse practitioner and take a look at the resources below aimed at both parents and teens:

Growth and Development Health File: Ages 15-18

<http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=te7221> Canadian

Healthy Families BC parenting teens (12-18)

<https://www.healthyfamiliesbc.ca/home/articles/topic/teens-12-18-years>

Teen Mental Health

This site is for parents, teens, educators, health care providers and others interested in learning more about teen mental health and mental disorders. www.teenmentalhealth.org

Mind Check

From Fraser Health Authority (BC) , a youth and young adult health literacy initiative that encourages early detection and intervention of mental health and addiction issues. <http://mindcheck.ca/>

Mind Your Mind

Information, resources and tools for youth and young adults who may be struggling and coping with life challenges. www.mindyourmind.ca



Interior Health
Every person matters

<http://www.interiorhealth.ca/YourHealth/SchoolHealth/Pages/default.aspx>