



Coping with An Angry Teen

Coping with an angry teen is difficult. Often, parents lose control as they try to help their teen gain control. Parents can teach their teens to deal with anger, stress and conflict. The Psychiatric Institute of Washington shares these tips.

Prevention

- Try to stop the teen's anger from getting out of control.
- Wait until the teen is "cooled off" before discussing what happened. *Do not argue with your teen.*
- Sit down to talk. Remain calm. Ask what the problem is. Ask who is involved. Talk about where the problem occurred.
- Discuss how to avoid this problem next time.
- Together discuss an appropriate consequence of the misbehavior. It should teach, not punish.

During a Crisis

- Always speak to your teen alone. Speaking in front of other people, especially friends, makes the problem worse.
- Talk about the current problem. *Do not drag up past incidents.*

- Do not attack or blame.
- Use "I" messages. Talk about what *you* feel – about what *you* think.
- If you are not solving the problem, take time to "cool off."

Time Outs for Parents and Teens

Parents *and* teens must learn to **stay in control**. Avoid pointless arguing. Do not let the argument lead to hitting or slapping. If the argument is getting out of control:

- Take a 5 or 10 minute break to calm down. Have a time-out signal.
- Go to another room. Go outside for a walk. You must calm down.

Parents **must be positive role models**. They must never insult, yell or hurt each other or other members of the family. If you have trouble with anger, *seek help*. Parents and teens can learn to cope with anger.

Call the Parent Help Line. We listen. We can find you help.

544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m. , 7 days a week.