

HAVING CONCERNS ABOUT ONE OF YOUR TEEN'S RELATIONSHIPS?

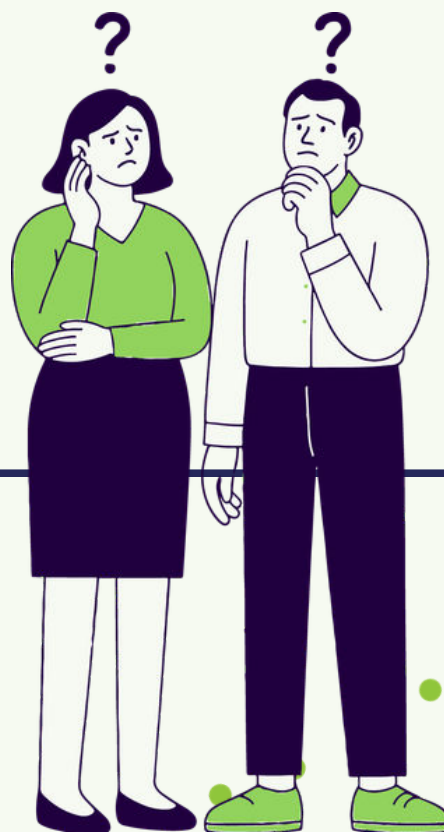
It's normal for your teen to be influenced by their friends. However, sometimes some of these friends may cause you concern.

HOW DO YOU KNOW IF THESE CONCERNS ARE JUSTIFIED?



Useful questions:

- What's bothering you about this relationship?
- How does your teen behave after having spent some time with this friend?
- Have you seen some worrying changes in your teen's behaviour?
- Do you have the impression that this relationship might put your teen at risk?



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SHOULD YOU DO SOMETHING?

If this friend is not harmful to your teen, respect their choices.

Encourage your teen's autonomy and take the time to talk to your child to better understand the relationship.



If the relationship seems harmful or dangerous, your role is to protect your adolescent.



- Calmly name your concerns and observations, like specific behaviours, attitudes, and emotions.
- Explain why the relationship could be harmful, e.g., violence, emotional abuse, control, manipulation.
- Show your teen that you're there to support them.
- Remind them that their well-being is important to you.

Need help? Call:

- 811 for Info-Santé
- 1-800-361-5085 for Tel-jeunes - Parents