

Creating Respectful Teens

Raising Balanced Teens in an Age of Overindulgence



Parents want their teen to feel healthy, confident, be balanced & make good choices. Overindulgence is the opposite of balance.

Why We Overindulge Our Teens?

- **Lack of Information** – We don't understand how actions affect the future (teen = sense of entitlement, parent = not appreciated).
- **Lack of Boundaries** – Saying 'no' teaches boundaries.
- **Lack of Balance** – We fill our days from edge to edge & do not leave room for balance ('down time', relaxation).
- **Lack of Power** – When we constantly state "I have to..." we forget that we have choices. You always have a choice.
- **We make decisions with our heart** (out of guilt, fear or exhaustion) instead of our head (saying 'no').
- **Need for Control** – "Things will get done right if I do them." Let teens take responsibility for their actions & let them fail.
- **Need for Comfort & Security** – We use food, shopping or other things as a way to get instant relief to deal with feelings.



Overindulgence creates teens with poor decision making skills, are dependent on others, feel entitled & struggle with low self-esteem.



Overindulgence is...
giving too much, too soon, for too long (over-scheduling, over-spending, over-eating).

How to Avoid Overindulgence

Ask yourself these 5 questions:

1. What do you want for your teen? What are your goals?
2. What are your reasons for overindulgence?
3. What are your costs of overindulgence? Tired, irritable, lack of affection, unappreciated.
4. What are your rewards for overindulging? Familiar & heart decisions are easier, you like control, don't like to say no, it takes time to set boundaries, you like comfort now, easier to say 'I have to' than make a choice.
5. What is your creative solution?
Get informed, listen to your head, let go of control, prioritize, schedule free time, don't avoid - face reality & focus on your choices.



For more information or support, contact your local Mental Health & Addiction Services Office. Information adapted from www.drkarvn.com.