

HOW TO HANDLE AN ANGRY TEEN



1. Calm down

Wait until you have both calmed down before discussing the issue. When we are aroused our brains do not work as they do when we are calm – the “thinking part” of the brain shuts down when the amygdala is triggered



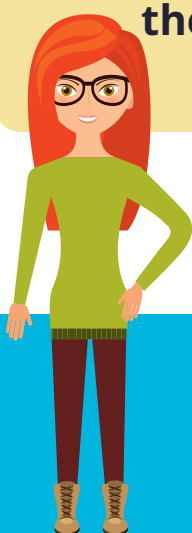
2. Sit down with them

Invite them to have a cup of tea or coffee when calm so that you can both sit down at the table and discuss things more reasonably.



3. Remember

All behaviour has a meaning - and a reason – there is likely to be something to consider within their behaviour – they may not be able to use words to tell you how they are feeling at the moment.



4. Keep in mind

Teenager's brains are still developing so they don't have the same ability to plan and think ahead as do adults.

5. Don't answer rude questions

For example: 'Why are you such a bitch?'

6. Approach them from a position of curiosity rather than judgement.

7. Give them choices wherever possible

For example: "Would you like to continue talking right now or come back to this issue."

8. Separate the person from the behaviour

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9. Suggest taking a break

if it seems like one or both of you need one.



10. Use 'and', rather than 'but', statements.

For example: 'I can see what you're saying and I also see the need for...'

11. Reframe!

Reframe things from negative to positive to highlight common ground. For example: 'Honesty and fairness are obviously very important to you, and they're important to me, too.'

12. Be Respectful

even when calling for help. Remember that the person is probably feeling some shame and guilt, along with their anger, and will be very sensitive to any imagined insult.

Lastly

Remember that you **DO NOT** have to put up with violent or abusive behaviour – if this is happening then you need to take steps to keep yourself and others in the house safe.



