



# **Coping with your Adolescent...**

**...your adolescent coping with  
you**

**Wellington Parents**

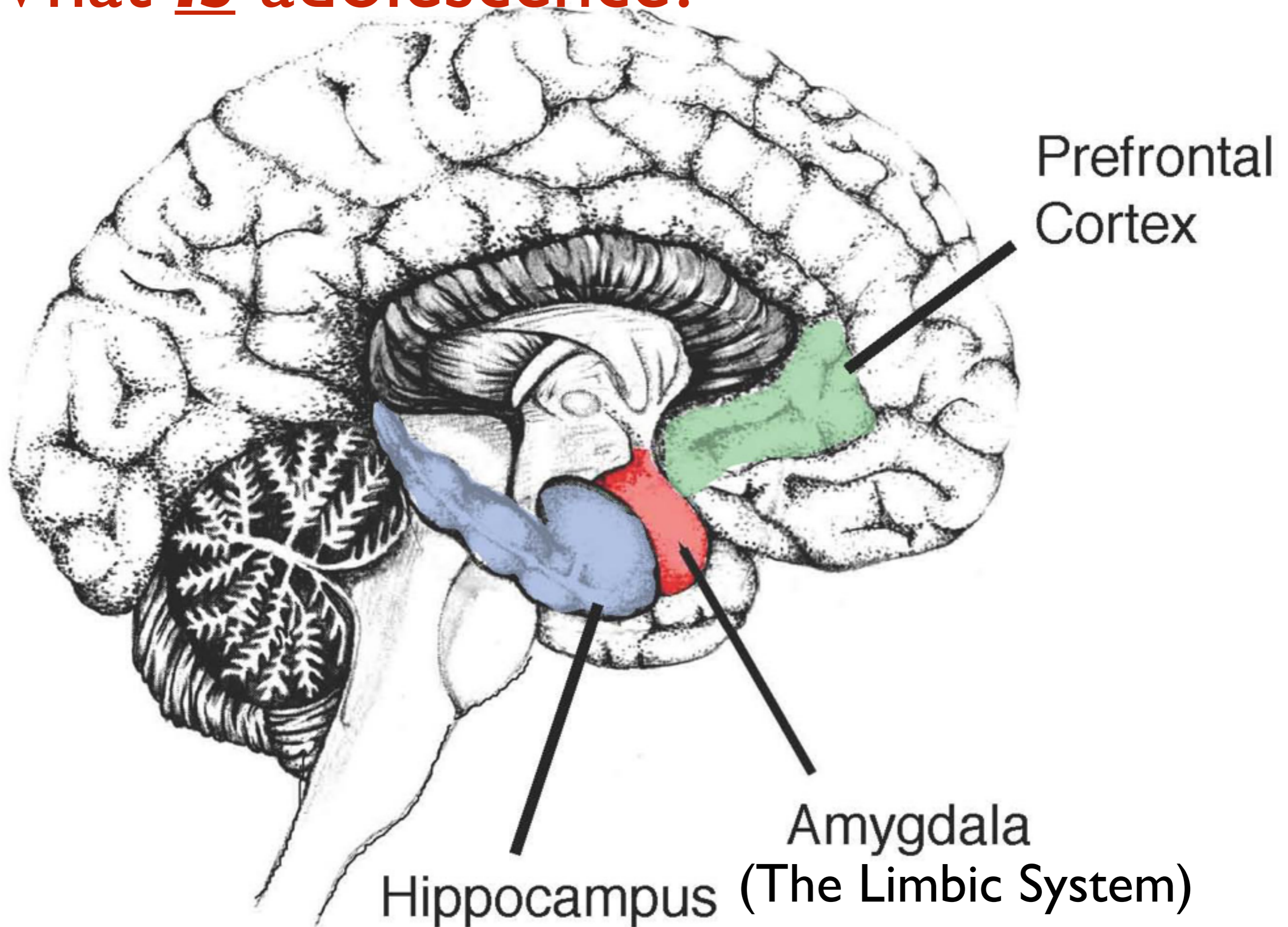
**Monday 11th November 2019**

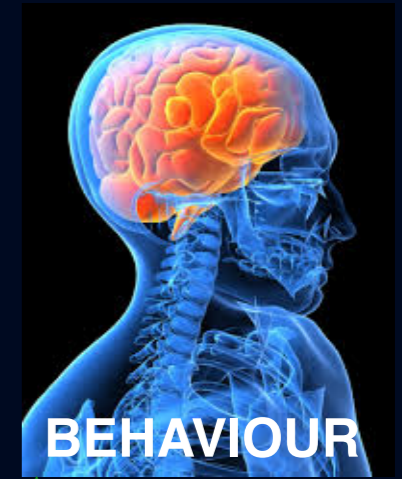
# Did you know....?

**Statistically....**of all 1409 Wellington pupils...

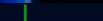
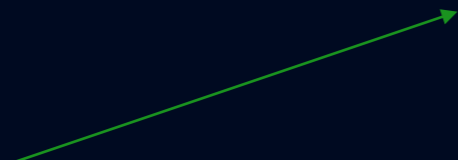
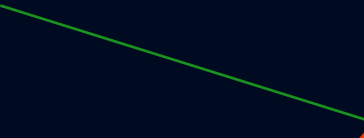
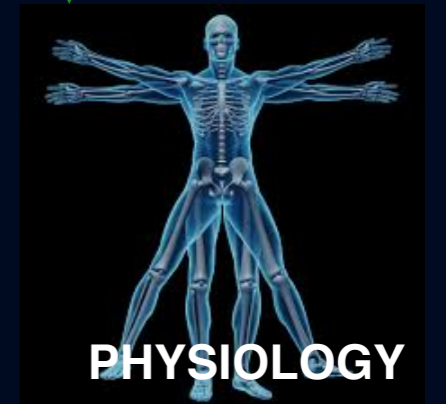
- About 325 girls and boys will suffer from clinical depression at some stage of their lives, many before they leave school
- Approximately 180 of them are suffering from a mental health problem today
- About 60 of them will at some stage suffer from a debilitating stress or anxiety disorder
- An increasing number of them - girls AND boys - will develop, or will have developed, an eating disorder
- As many as 23 members of the 6th Form will have self-harmed
- 75% of all mental health disorders originate during adolescence, 50% by the end of Year 10

# What *is* adolescence?





**Going limbic!**



# ANXIETY AND STRESS DISORDERS

Panic Disorder

PTSD

Separation Disorder

OCD

Generalised Anxiety Disorder

Acute Stress Disorder

Phobic Disorder



# SELF-HARM

13% of 15/16 year olds

Three times  
more  
girls than boys



It works.....

Release of  
emotional pain

# What is Depression?

“...a loss of interest and enjoyment in ordinary things and experiences...low mood and a range of associated emotional, cognitive, physical and behavioural symptoms.”

# Signs and Symptoms

- Tearful
- Withdrawn from friends and/or family
- No longer enjoying hobbies
- Unable to concentrate
- Sadness
- Tired all the time
- Poor communication
- Feeling hopeless or helpless
- Irritable / Angry
- Lack of motivation
- Anxious
- Neglect of appearance and/or hygiene



# DEPRESSED? OR JUST A BIT HACKED OFF?

Duration

Distress

Disability



# Top Tips for Parents...

- Communicate with school and with anyone with whom your son/daughter has a positive relationship
- Talk to your son/daughter - even if he/she doesn't talk to you!



- Listen to your son/daughter, even if he/she doesn't listen to you! Try to avoid judging....
- Don't hesitate to speak to your doctor if you feel your son/daughter's emotional wellbeing is under threat. Be pushy if necessary.
- Avoid imposing your own aspirations on your son/daughter. Assess your priorities...
- ...focus on what is **really** important
- Seek to build his/her resilience at every opportunity:
  - \* prepare for failure!
  - \* discuss emotions at every opportunity
- Remember that negative remarks have three times the impact of positive remarks of the same weight
- Take a deep breath...don't always insist on the last word

# Continuum of Emotional Wellbeing

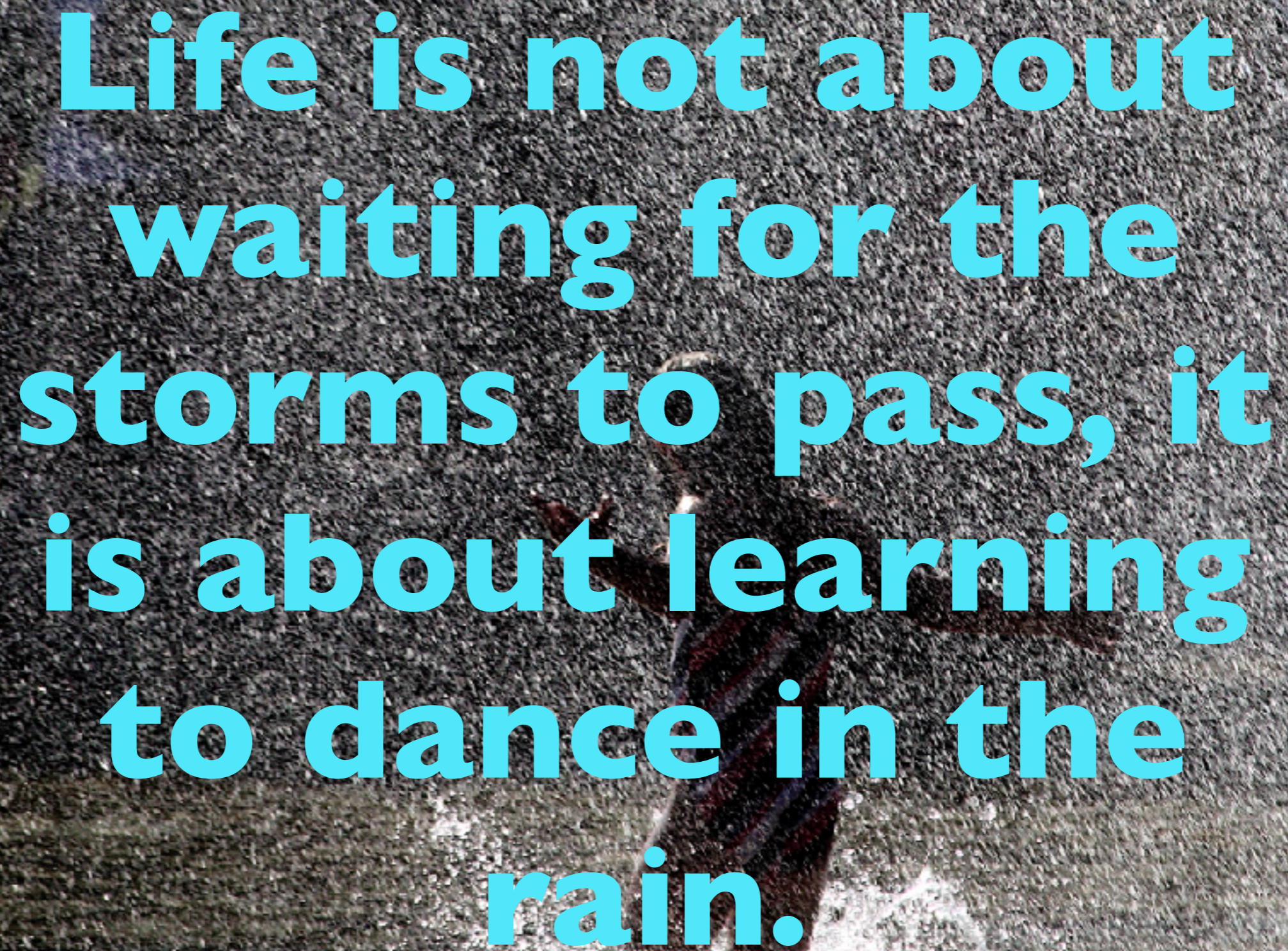


Wholly content,  
positive and optimistic

Despair, hopeless, possibly  
suicidal

# KEY SKILLS FOR EDUCATION...AND LIFE



A person is captured in a dynamic pose, dancing on a wet, reflective street during a rainstorm. The person is wearing a dark, long-sleeved top and dark pants. The rain is visible as a spray of white droplets around the person, and the wet pavement reflects the ambient light. The background is a blurred, dark street scene.

**Life is not about  
waiting for the  
storms to pass, it  
is about learning  
to dance in the  
rain.**