



## Risky Behavior

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As the brain continues to develop, teens may engage in some activities that can put them at risk for harm either now, or in their future. During quarantine, some teens are becoming anxious to get out of the house, away from parents, siblings, and other family members. They may even see other friends being allowed the freedom to leave their homes, which can make your rules seem harder to follow.

It's important for parents to be aware of certain behaviors that teens may decide to engage in during these times:

- Sneaking out of the house to be with friends or someone they consider a romantic partner
- Engaging in drugs, alcohol, and other illegal activities
- Sending nude pictures via text or social media

In order to combat some of these behaviors, parents may consider having open conversations with their teens about why these behaviors are risky, before they even happen. It's a good idea to start by asking what they are seeing others do on social media. Addressing what they see family or friends doing and the dangers of disobeying physical distancing guidelines may help teens better understand why it's so important follow these rules. Following these rules can save lives.

Below are some steps that you can take to help your teen through this tough time:

- *Ensure them that this will not last forever.* Though we do not have an end date, they will have an opportunity to engage with their friends again and make up for lost time.
- *Ask them to come up with some activities that they would like to do with the people who are quarantining in the home together.* Are there any movies, board games, or video games that they would like to play? Maybe they can teach you the latest dance craze? Allowing them to plan family activities may give them a sense of control and joy.
- *Compromise.* Allow them time to do what they would like to do while they are in the home. While this can be frustrating, having them sleep in or play video games for an extended amount of time keeps them safe in the house.

These current times are difficult for everyone, especially children or teens who are trying to process why life suddenly changed and when things will get back to some sort of normalcy. Practicing patience and kindness toward everyone, no matter child or adult, will help us to all get through these tough times together.

Please check out [this article](#) for advice on parenting teens during quarantine.