

Being A #1 Adult

Why Being A #1 Adult is important:

Teens Really Do Need Parents

- While teens may argue, question, or simply avoid parents, teens regard parents as their #1 source of support and their #1 role model. Research suggests that teens look more to parents for long-term advice (career, marriage, vs. clothes or lifestyle) and hold many of the same basic values as their parents. Adolescents look more to their peers for short-term advice (activities, appearance). Typically, most of the differences that cause conflict between teens and parents are personal taste issues.
- Teens need an adult that they know will be there unconditionally that they can rely on for support. Adolescence is a time of changing and experimenting. Parents who maintain that home-base of love (with appropriate guidance and discipline, of course) show the teen to accept growing up changes and take steps even stumbling ones toward adulthood.
- Teens need to feel like they are close to their parents and experience greater trust and respect. They need to know that adults feel pleasure and joy in time together. A close friendship-like relationship with a parent is a sign that the teen has reached healthy autonomy and has let go of child-like dependence upon parents. Parents who listen regularly without criticizing and show interest in the child activities, ideas and friends can build this kind of rapport.
- Mature autonomy is fostered by close family ties and is associated with high self-esteem, self-reliance, and work orientation. These responsible adult goals are very often reached only after teens starts and stops and parents trials and triumphs.

Teens are looking for honesty rather than perfection.

- Teens learn and practice what parents do rather than what they see.
- Teens are constantly assessing their role model. When teens see imperfections in their parents teens prefer their parents be upfront and honest about the situation. Children, including teens, tend to see the good in their parents.
- Teens are more likely to share basic values (religion, politics, moral values) with parents than peers. They tend to be different on issues of fashion, interests, and friends.

Developmental reasons: Why Kids Need Support

- Teens are in a transition period in which they need to be supported
- Adult roles are new and challenging for teens first trying them out.
- For example, this is the first time they are entering the work force, they may be facing frustrations as they get used to the new rules and regulations of the work force.
- Adult emotions are new and sometimes confusing
For example, teens may be confused about handling their feelings about sexuality, anger, and fear about what the future may hold.

- Teens are just learning to think critically and conscientiously
- Teens are sorting out who they are, what they value, and where they are headed

Having a positive warm family is one of the #1 predictors of healthy psychosocial growth - regardless of family structure i.e. divorced, married, re-married, single.

Being #1 Adult Quotes

- My parents support, love, and prayers help me through tough times in my life! B age 14
- They are loving, and supporting no matter what. age 13
- My mom is an inspiration to me, because she works hard. age 13
- They always show love and guidance to me and my sister, age 13

These positive views of parents by early adolescents (those teens typically linked to the most rebellion) illustrate that good relationships can be fostered through the teen years (even amid rocky events) and that in general most teens get along remarkably well with parents (given their different perspectives, priorities, and personalities).

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