

### **Parenting effects**

- A lot of adult behaviors have an influence on the children they raise. The children pick up habits based on environmental influences and hereditary causes
- Secure parent-child relationships give kids a better chance at developing strong relationships in their life
- Children regulate emotions better
- Ways to promote a healthy parent-child relationship: make time for your children, express love, set boundaries and rules, listen and empathize

### **Adolescence and its effects**

- Adolescence causes conflict and challenges in parent-child relationships
- Moving towards new responsibilities and dynamics in the relationship due to adulthood and maturing
- A time of biological and psychological changes
- Adolescence comes with pressure and anxiety surrounding friends, family, independence, school, responsibilities, so emotions are high strung
- One of the most intimidating life stages
- Teens can become more defiant and cause frustration from their parent

### **Mental health in teens**

- 50% of lifetime mental illness begin at 14 years old
- Social media among adolescents have been a known cause for mental health issues
- Mental illness cases have increased every year since 2012
- Depression, anxiety, and eating disorders are most common among teenagers
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