

Managing Your Life as a Teenager

*Tips to Navigate Teen Life and
Parents*

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武中
65
EMBRACING OUR PAST
ILLUMINATING OUR FUTURE



Learn tips to manage teenage life better

Are you ready to explore?



Let's Talk About Parents

Do you feel that your parents are naggy?

Rate on a scale of 0 to 5:

0 = Not naggy ; 5 = Very naggy.



Why Do Parents Nag?

The Secret Behind Nagging



Parents nag because they care

Let's explore way to stop the nagging



Show Independence

Organize your desk and make your bed

Wake up on time without reminders



Share Your Life

Tell them about
your day

Ask about their
day too



Reframe Their Concerns

Respond
positively to
criticism

Show
understanding and
maturity



Don't Procrastinate

Complete
homework
on time

Make
reading a
habit



Use Devices Responsibly

Share
meaningful
content

Engage
purposefully
on social
media



Own Up to Mistakes

Admit and
apologize
sincerely

Honesty earns
respect



Take an Interest in Their Lives

Ask about
their hobbies
or interests

Show genuine
curiosity



Compliment Them

Appreciate
their cooking
or knowledge

Compliments
build
goodwill



Practice Active Listening

Acknowledge
their feelings

Respond with
understanding



Build Trust for Independence

Be responsible
and respectful

Show them you're
ready to fly solo



Their rules guide you, not trap you!

Show Independence

Share Your Life

Build Trust

Use Devices Responsibly

Don't Procrastinate

Own Up to Mistakes

Practice Active Listening

Compliment Them

Reframe Their Concerns

Take an Interest in Their Lives



Stop that
Nagging!