

The Scoop on Parents: Why Should You Care?

As teens, we face many different stressful situations in our lives: “Oh the endless amounts of homework; I really, really, really want a boyfriend; which college should I apply to?”...Oh the decisions! These problems come up frequently and it seems easy to turn to your classmates and friends and spill out all your emotions and ask them for advice. However, before you do so, you should realize that you can also talk to your parents about your concerns.

You might ask, “Why should I talk to my parents when I can just talk to my friends?” Your parents have valuable experience and knowledge and they are a stable support system you can count on.

Your parents were young once and they probably have been through some of the same kinds of problems you’re going through now. While you may confide in your friends about your health issues, relationships and jobs, consider that your parents might have better insight on these topics because of their many years of experience. As opposed to your friends, your parents may have already completed school, had a job, and experienced different types of relationships. In addition, your parents will always be there to answer your questions and keep your information safe. Plus are they available 24/7!

Now that you have a few reasons to confide in your parents, you may have decided that you want to talk to them. In the next article, we will talk about ways to communicate effectively with your parents. Stay tuned!

Written by: Annie Shek