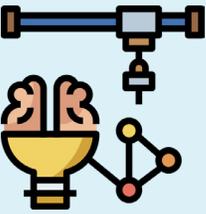


# ADHD and Your Teens

Teens with ADHD experience executive functioning challenges and require more support and monitoring from parents than teens without ADHD.

Here are tips on parenting in areas that may be unique to adolescents

## Behavior Management



- ◆ Be clear with your expectations
- ◆ Reward appropriate behavior
- ◆ Enforce consequences
- ◆ Seek help from a professional when it becomes too difficult

## Boost Your Teen's Confidence



- ◆ Emphasize your love and support
- ◆ Communicate that you are there to help
- ◆ Help your teen identify their strengths
- ◆ Find opportunities for your teen to experience success
- ◆ Assure your teen of becoming successful

## Medication Management



If your teen wants a medication break, consider a trial period under doctor supervision. During this period:

- ◆ Specify goals
- ◆ Develop a plan to achieve those goals
- ◆ Specify indicators to resume medication such as declining grades or conflict increases at home and with peers
- ◆ Set a date and time to evaluate progress

## Medication Diversion



Teens may give away or sell their medications either as a favor to friends or for financial gain.

- ◆ Inform that it is illegal and could have serious legal consequences
- ◆ Teach that ADHD medications are safe and effective when taken as directed, but can be dangerous if used without medical supervision
- ◆ Talk about peer pressure to prepare an appropriate response if asked to divert medications

## Driving



Being inattentive and impulsive can lead to driving difficulties.

- ◆ Teach safe driving habits such as using a seat belt, observing the speed limit and other rules of the road, not texting or eating while driving, and restricting the number of passengers in the car
- ◆ Consider prescribed stimulant medication to improve driving