

How To Boost Independence In Teens?

Show interest in your teen's life, friends, and activities. Support them, offer your ideas, and, most importantly, respect their boundaries.



Engage your teen in family decisions to instill accountability in them. Explain to them the importance of learning and making mistakes.



Try to take a constructive stance while resolving conflicts with teenagers. It can help your teen develop life skills while also improving your relationship with them.



Encourage your teen to participate in school plays, sports clubs, youth programs, and other voluntary activities. This can help them learn new skills, take positive risks, and develop resilience.



Ensure your teen is familiar with the contact details of the local police and ambulance services. Knowing how to get to a hospital in an emergency would also be beneficial.

