



Ten things to remember when dealing with your teen's explosive behaviour

- 1 Try to stay calm. You can only support your child and model how to manage anger if you remain calm.
- 2 It's normal for teens to be emotional and volatile at times due to hormonal changes and brain development, but violence is never OK.
- 3 A teen who is exploding may be feeling helpless.
- 4 Your teen's anger is likely to be a response to a problem, not the problem itself.
- 5 Observe your teen to try and work out what could be triggering their anger.
- 6 When you and your teen are calm, talk about what might be causing their anger.
- 7 Help your teen recognise the signs that suggest their anger is building so they can do something to calm down before they lose control.
- 8 If you can work with your teen now to help them manage their angry feelings, they will have the skills they need to manage their anger later in life.
- 9 It will take time to teach your teen to recognise their triggers but by sticking at it together, you can help your teen change the way they behave.
- 10 If you think your teen is struggling to manage their anger or violent outbursts, it may be a sign they need professional help.

Need help?

Remember: you are not alone. Please talk to your doctor, call a support line, and/or discuss your teen's anger with the guidance officer at their school. If you are concerned about your child's mental health and wellbeing, please contact **Beyond Blue** (1300 22 4636), **eheadspace**, **Lifeline** (13 11 14) or **KidsHelpline** (1800 551 800).