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4) TEEN STRESS

:60 PSA

AMERICANS TODAY TEND TO THINK OF STRESS IN TERMS OF ADULTHOOD, BUT TEENAGERS MAY EXPERIENCE EVEN MORE THAN THEIR PARENTS, SAYS DR. HAROLD ORCHOW OF THE UNIVERSITY OF NEVADA SCHOOL OF MEDICINE:

7.01 As a normally developing phase of life, adolescence is probably the most stressful, psychologically.

PART OF THE STRESS COMES FROM NORMAL TEENAGE REBELLION. BUT SOME HAS TO DO WITH THE WAY TEENS ARE TREATED BY THEIR PARENTS;

22.9 I see...adolescents who are under a great deal of stress, often from parents who may have high expectations, or parents who become so involved in their own needs that they find it often difficult to give the child the time and attention the child really needs.

SPENDING TIME AND ENERGY WITH YOUR TEENAGER, TALKING THINGS OUT, AND LETTING THEM KNOW YOU CARE CAN HELP. THIS IS HEALTHLINE, FROM THE UNIVERSITY OF NEVADA SCHOOL OF MEDICINE