

Risky behaviour

Risk-taking behaviour is a common feature of adolescence; the teenage brain is wired that way. Some of this is positive; learning new skills and trying new things involves risk. But there are other risks that are harmful, such as taking drugs or having unprotected sex. As they become more independent and make their own decisions, we need to equip them to make good choices. The best way to do this is by talking through the issues. But it's not always easy!

Some parents are worried that having these conversations might encourage them to try out some of the risky behaviour we are hoping to prevent. However, the truth is that they are very likely to have heard a good deal of information already – but some of it may have been wildly inaccurate. Talking over the issues arms them with the correct facts and also gives us the opportunity to share our values and help them think about what's important to them.

