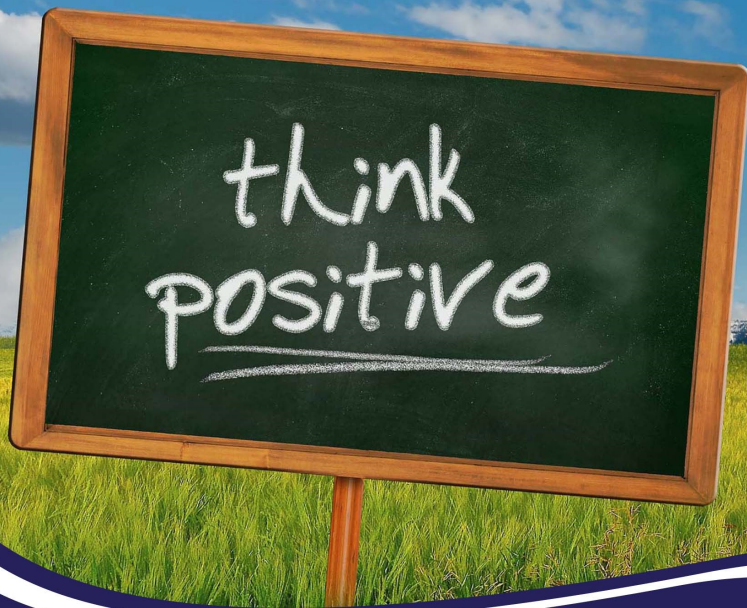


# TIPS TO HELP YOUR TEEN THINK POSITIVELY

*A guide for parents*



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# TIPS TO HELP YOUR TEEN THINK POSITIVELY

## ENCOURAGE YOUR TEEN TO THINK POSITIVELY BY BEING A POSITIVE ROLE MODEL

1. Share positive experiences with your teen.
2. Have a positive outlook on life and demonstrate that positive outlook in everyday situations.
3. Don't dwell on the negative.

## THREE WAYS TO HELP YOUR TEEN THINK MORE POSITIVELY ABOUT THEMSELVES

1. Don't allow him/her to talk negatively about themselves.
2. Encourage your teen to see the positive aspects of what he/she did, even if they did not succeed: *"You may not have got an A, but I think you did a great job on the project"*.
3. Help your teen to set reasonable goals, and then celebrate those goals.



## TIPS TO HELP YOUR TEEN STAY POSITIVE WHEN TRYING SOMETHING NEW

1. If your teen is afraid of failure, remind them of past successes and encourage them to try.
2. Reward them for their efforts and teach them it's ok for them to reward themselves for trying something new, win or fail.
3. Point out the advantages of trying a new activity, like learning new skills or meeting new people.

## **HELP YOUR TEEN SEE THE GOOD ALONG WITH THE BAD**

1. When something bad happens, acknowledge it, talk about it, and move forward - don't dwell on the negative.
2. Use negative situations as learning tools to prevent them from making the same decisions in the future.

## **LET YOUR TEEN LEARN FROM THEIR MISTAKES OR OTHER PEOPLE'S MISTAKES**

1. Show your teen that everyone makes mistakes - use personal experiences, news stories, or their favourite film or celebrity star as examples.
2. Help them recognise the factors that lead to their mistake so they won't make the same mistake again.
3. Give them options and suggestions on handling similar situations in the future.

## **SUGGEST ACTIVITIES THAT CAN INCREASE POSITIVE THINKING**

1. Smile and laugh!
2. Communication - share your positive thoughts and experiences.
3. Associate with positive people at school or work.



## **GIVE THEM A POSITIVE STATEMENT THEY CAN REPEAT TO THEMSELVES TO ENCOURAGE POSITIVE THINKING**

1. I am not alone.
2. I am proud of who I am.
3. What I think of myself is more important than what others think of me.

## **TIPS ON PROMOTING POSITIVE THINKING THROUGH PARENTAL CARE AND SUPPORT**

1. Be available when your teen needs you and give them the encouragement they need.
2. Always show them that you love them unconditionally.
3. Provide a positive home environment where they feel safe and secure.

## **HEALTHY TEENS ARE MORE POSITIVE TEENS. HERE ARE THE THREE WAYS TO HELP KEEP THEM HEALTHY**

1. Eat a nutritious diet.
2. Get plenty of sleep and avoid too much stress.
3. Exercise regularly.



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