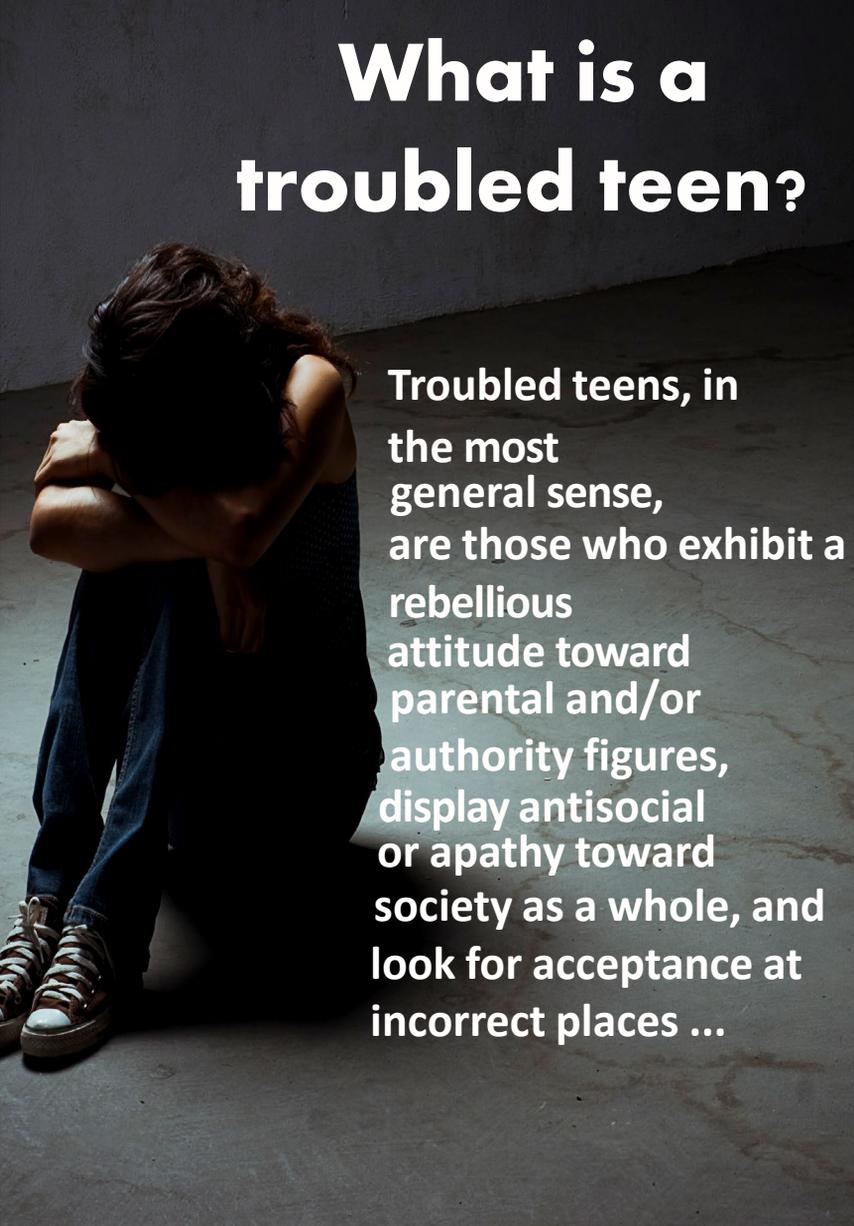


FREE REPORT

A guide to helping your at risk youth



What is a troubled teen?

Troubled teens, in the most general sense, are those who exhibit a rebellious attitude toward parental and/or authority figures, display antisocial or apathy toward society as a whole, and look for acceptance at incorrect places ...

What are the signs of a troubled teen?

1. Suffers from depression or anxiety
2. Talks about or has suicidal thoughts
3. Engages in inappropriate sexual activity
4. Participates in school bullying, or is bullied at school
5. Using illicit substances or recreational drugs
6. Poor family relationships, and difficulty making friends

Thank you for downloading our free report

Please take the time to read through this introductory information.

The difficulty in dealing with troubled teens is to mistake their behaviors for normal adolescent behaviors.

Upon further studies, many troubled teens suffer from Oppositional Defiant Disorder or Conduct Disorder (DSMV-IV), which manifests itself strongly in the family home. Ideally, if your teenager consistently displays signs of being troubled, it is best to visit your doctor, child psychiatrist or counselor in order to get proper diagnosis of your teen's mental and psychological condition.

How can you tell if your child is at risk?

- Anger issues
- Defiance issues
- Drug Substance abuse (drug, alcohol or medication)
- Poor academic performance
- Poor sense of commitment to responsibilities
- Poor family relationships
- Socially withdrawn/poor social relationships
- Negative/harmful peer relationships
- Depression
- Self-destructive behavior (e.g. climbing rooftops)
- Deliberate self-harming (e.g. self-inflicted cuts on the wrist)
- Carrying/keeping contraband or illegal items
- Sexually promiscuous

For some children feelings associated with anxiety and depression become triggers to acting recklessly and in extreme cases families find themselves in situation where the child is having explosive episodes or is becoming a danger to herself or others. If you suspect your child being at-risk, you need to take action now before it is too late.



The difficulty in dealing with troubled teens is to mistake their behaviors for 'normal'.

WHAT YOU NEED TO KNOW AND DO IF YOUR ADOLESCENT CHILD IS SUFFERING FROM DEPRESSION & ANXIETY...

The statistics of teenage depression is just as staggering when compared to other more urgent psychological and behavioral disorders experienced by teenagers – *1 out of 8 adolescents suffer from depression*, according to Family First Aid. Only 30% of these depressed children are receiving treatment. Teens that are depressed will most likely withdraw from people they used to interact with and stop doing activities that they used to find interesting. A classic sign of depression is suddenly losing interest in those activities.

Today's At Risk Youth Factors

Is your teen engaging in frequent sexual activity?

For many the teenage years is the period in which the first sexual experiences typically occurs. According to the book *Teenagers in the United States: sexual activity, contraceptive use, and childbearing*, almost half (46%) of teenagers in the United States from ages 15 to 19 have had sex at least once. Also, at the age of 15, 13% of teenagers in the United States have already had sex.

Television and the Internet make it easier today for children to access pornography and lewd programming that contains strong sexual content. Access to smart phones makes it nearly impossible to limit access to these type of content.

Therefore, the likelihood that your child can be interacting with online predators who are preying on teens who are exploring their sexuality is an increasing concern, and a new way your troubled teen can be at risk!

Could your teen be suicidal?

Teen suicide is triggered by a host of different factors including depression. Teen suicide has become the 3rd leading cause of death among teenagers and adolescents, according to Family First Aid. In particular, The suicide rate at ages 15 to 19 years and 20 to 24 years increased in 2017 to its highest point since 2000, with a recent increase especially in males and in ages 15 to 19 years, according to a [Research Letter posted in JAMA in June of 2019](#). Also, almost 75% of those who committed suicide were white males. As a parent, you must show to your teen that you are there for him or her every step of the way.

Seeking professional help and support is perhaps the most important way to deal with a suicidal teen. Do not mistake their behaviors for 'normal' suffering from depression & anxiety... Keep in mind that many times, the signs of being suicidal can be hard to recognize.

A lot of times, these signs may be subtle and easy to miss, and the reality that a teen may be suicidal can come as a tragically unpleasant surprise to a parent. If your teen shows any of the classic signs of depression, it would be best to seek help to prevent it from escalating to suicidal tendencies.

Is your teen experimenting with drugs?

Although the rate of smoking and alcohol use among teens has decreased since the early '90s, the Opioid crisis in the US is a major at risk factor.

Prescription drug misuse, which can include opioids, is [among the fastest growing drug problems in the United States](#).

Studies conducted by the University of Michigan has yielded results that OxyContin is one of the most purchased prescription drugs by teens. In 2015, 4,235 youth ages 15-24 died from a drug-related overdose; over half of these were attributable to opioids.⁴

All adolescents are at risk for misusing opioids!

Once your teenager shows signs of substance abuse (change in behavior and deterioration of physical appearance, among others), you must get help before it is too late.

Death from overdose is the most serious consequence of prescription drug misuse.



What you can do as a parent

Good old fashioned family dialogues can be very helpful when trying to understand your teen's issues and attempting to reach out to them. However, it is safe to expect that you would have to decipher his words and actions as if they were a secret code.

Teenagers think differently, parents find themselves disconnected from children, at the times they need us most. The reason is the child's need for control often results in angry outburst and confrontations which creates a deeper divide between child and parent. They may rebuff you at first despite your valiant attempts, and it will hurt when they do. But patiently keep the avenues of communication open and give them many opportunities to approach you. It's a good idea to keep on having family dinners together and have a lot of family time where they can enjoy your company and get used to talking to you in a casual, stress-free setting. By staying calm and composed the whole time, you immediately show you teen how important understanding him/her really is.

If your relationship is strained and you are caught in a power struggle with your teen seeking professional advice from a therapist or a counselor should be your next call. If therapy has not worked then it may be time to consider a therapeutic program.

Have You Exhausted All Of The Options?

Therapeutic Boarding School may help your family. Programs vary but usually include therapy by professionals therapist and clinicians and academics. On average program costs range from \$250 to \$750 per day and a portion of the cost may be covered by insurance.

Learn more at atriskyouthprograms.com or Call us at 1-844-883-7366.