

CYCLE ON "CREATING SAFE SPACES TO PREVENT VIOLENCE "

Workshops for mothers and fathers: 4th meeting: The needs of children and teenagers



The activities listed below are designed so that they can be easily implemented following this guide.

We have calculated the time in order to be able to plan the session (90 'in total). Either complete the entire contents or just one of the activities.

The text for addressing participants is in italics.

For all the meetings, chairs should be placed in a circle, with no tables, leaving a large space in the middle where participants can move freely.

4th meeting: The needs of children and teenagers

MAIN GOAL OF THE MEETING

To recognise and describe the main needs we have as mothers and fathers (or adults of reference in the family) and those of children, teenagers and youngsters (depending on the group, we will focus on one stage or another) in order to be able to understand them.

PHRASE OF THE DAY (this phrase will be hung on a mural and written in the languages of the participants)

Parents would like education to be easy, for children to pay attention straight away and for there to be no conflicts at home. But as adults we must strive to put up with dissatisfaction, anger or frustration that we might cause when we establish limits or when we help understand what real life is like.

MATERIAL

A player, jigsaw puzzles of the stages of development (based on E. Erikson), printed sheets with small cartoons for the main activity, ballpoint pens, answer key for the main activity, two sheets of flip chart paper (one will say "*What are teenagers like?*" and the other "*What needs do they have?*"), thick markers, and a few small balls.

GREETINGS AND WELCOME (15')

On arrival, we will proceed as on the previous days: We will greet everyone, ask how their week has gone or what they remember from the previous meeting, and we can read the phrase of the day.

We will see whether anyone is missing and will ask how it makes us feel that everyone is there or that someone is absent. We will ask whether we feel more comfortable at the meetings now that a few days have passed. We will ask why, both in one sense and the other. We will find out how those who joined later feel, where appropriate. *What is the experience of being here from day one? And having joined more recently? When can we start to be considered a group?* (we will not remove the chair of those who are not present until they have explicitly cancelled their place).

If necessary, we will remind them that everyone can propose a piece of music for the relaxation activity over the coming days.

RELAXATION (5')

We will proceed as on the previous days. *It is important to spend a few minutes doing this activity because, although there is a lot to do, everyone must feel well in order to be able to absorb everything, to be able to experience, so that something new can come up. If not, we would fall back into the same old habits.*

INTRODUCTORY ACTIVITY (10')

Introduction: We will present the goal of the meeting (identifying the needs of both teenagers and adults in order to be able to understand them) and will explain that this understanding can help us better balance the needs of each other within the family, to have a better relationship, and to feel less uneasiness. This will enable us to see the responsibility we have as adults, which encourages a more rewarding atmosphere of coexistence. To begin with, we will place adolescence within the group of stages of human development.

Procedure: Hand out small pieces of jigsaw puzzle which, once assembled, will provide an overview of the different stages of life. Participants should be grouped according to the colour of the pieces received. Once the groups are formed, they will hang all the pieces of the puzzle visibly where all the stages can be seen. Discuss the characteristics of the stage corresponding to adolescence and those corresponding to the stages experienced by the parents of teenagers. *Are these stages easy to balance?*

MAIN ACTIVITY (35')

Introduction: *This activity must provide a detailed insight into teenagers and their needs, but it will also enable us to reflect on adults and their needs.*

Procedure: (*Factory of ideas*)

Part 1: Put a table in the centre of the classroom, in the middle of the circle. Put some ballpoint pens on the table, along with a stack of different cartoons depicting relationship situations that could arise at home. Each small group must take a cartoon and write down all the characteristics and needs of both teenagers and adults that are shown. When they have finished, they should leave the cartoon on the stack and take another. They can take the cartoons that other groups have already worked on. Not all the cartoons have to be used. (15')

cont.

Part 2: After the set time, sit in a circle and place two sheets of flip chart paper on the wall (one will say "What are teenagers like?" and the other "What needs to they have?"). Discuss each cartoon and write down on the flip chart paper everything that seems relevant (there are different suggestions of what can be taken from each cartoon in the answer key). (20')

REFLECTION SPACE IN A CIRCLE (15')

We will proceed as on the previous days.

This circle rotates to the left and we can freely share the reflections that arise from the work we have just done.

The following can be asked to enhance the reflections:

- What is understood by emotional maturity and how it can be described (Brief definition: Recognise what we feel, be able to communicate it, and recognise what others feel).
- Are teenagers emotionally mature?
- Through the situations we experience, how can we help them become more mature?
- What responsibility do adults have in this process?
- Do adults always act as emotionally mature people?
- Is it easy to balance the needs of adults and teenagers?
- Do our comments offer hope? Do we help think? Do we convey love? Do we provide comfort?

Final reflection:

We must have a very open and extensive look at what teenagers are like. We must be able to not take everything they say literally, but understand what they are telling us, what they are feeling, and what must be happening to them. And most importantly! There are no two teenagers alike!! Each teenager discovers the world and forms their own identity as they are able to and, above all, needs to be individually heard and to be given genuine answers. They must feel that we are talking between the two of us, based on the bond and the love we share.

ENERGY BOOSTING ACTIVITY (5')

Form pairs and give a small ball to each one. With their backs against each other and the ball in between, each pair must cross the room (there and back) trying not to drop the ball and trying to take into account the needs of each other when moving (height, rhythm, speed, pressure, etc.). The pairs should be formed by people who are as physically different as possible.

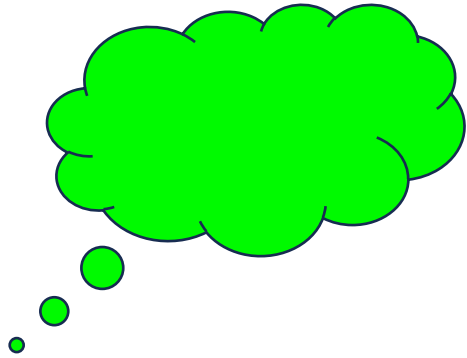
ENDING ROUND (10')

- *How do you feel? Will you take anything with you from everything we have shared today?*
- Briefly summarise what we have discussed since the first meeting and announce the subject we will discuss at the next one.
- *Remember that it is important not to lose the flow of the workshop and that you must attend. Being able to attend is a privilege. If, in spite of everything, you are unable to attend, you must inform us (give a contact phone). Should any problems arise, think about whether you could count on someone to come in your place so that you don't miss it.*

TOTAL TIME: 90 MINUTES

Workshop 4

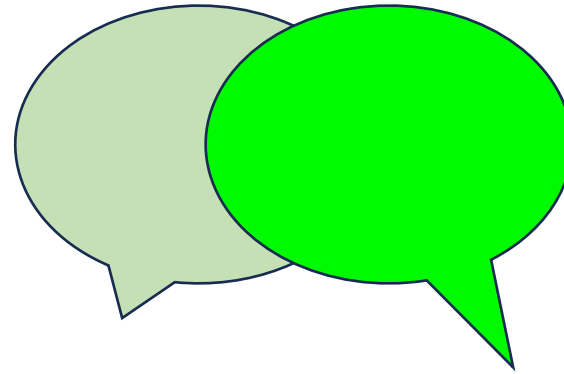
material for the main activity



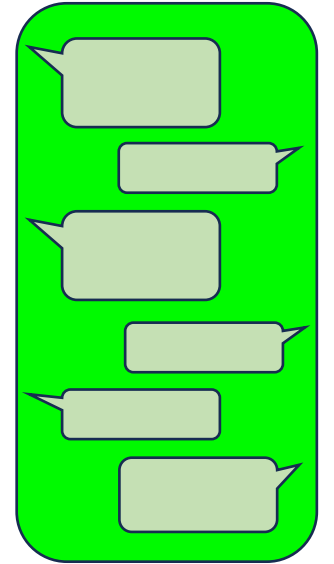
thought
or
reflection



monologue
or
statement



dialogue
or
discussion



dialogue
for mobile
phone

What are teenagers like?

Teenager



I don't understand why you don't take an interest in the things that are happening, not politics or anything ... We already know what will happen if we don't fight for a better world. We must fight for a healthier life. And living as a family makes no sense. People should live with the people we get on best with. We should have community flats with individual and collective spaces, with shared services, rooms where you can listen to music, study rooms, playrooms for the kids... Everything with solar power... You're old-fashioned.

What needs do teenagers have?

Adults



Mother: *That's crazy! I used to think the same thing at his age.*



Father: *I'm OK, provided you let me watch the TV and don't bother me!*

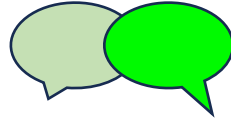
What are adults like?

What needs do adults have?

What are teenagers like?

What needs do teenagers have?

Teenagers



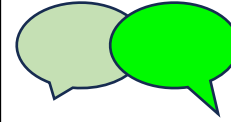
Teenager 1:

I'm fed up! They never stop telling everyone that I'm going to study business administration and management before carrying on with my dad's business. I can't stand them! I don't know what more I can say to tell them that I don't care.

Teenager 2:

Mate! It's the same at my house! They're a real pain in the neck!

Adults



Father:

I'm really worried. He looks really unmotivated. He's failed everything lately.

Mother:

Should we arrange a private teacher for him?

What are adults like?

What needs do adults have?

What are teenagers like?

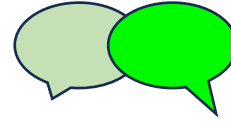
Teenager



I hope I'm not pregnant...

What needs do teenagers have?

Adult



Father:

Fatima, I was hanging out the clothes and found some boxer shorts inside Laila's sleeping bag. It gave me quite a shock. Do you think she's had sex with a boy? Who was she with this weekend? Wasn't she going out with some girl friends?

Mother:

Perhaps we should talk to her? Or perhaps not?

What are adults like?

What needs do adults have?

What are teenagers like?

Teenager



Sorry mum, I'm not staying for lunch today.

What needs do teenagers have?

Adult



Mother: *But it was your turn to choose the menu today and I've made your favourite dish...*



Father: *Carme, you haven't done it like he likes it.*

What are adults like?

What needs do adults have?

What are teenagers like?

Teenager



Oh no!!! Another spot full of pus!

What needs do teenagers have?

Adult



Would you please stop looking at yourself in the mirror? You're not the only one who needs the bathroom in this house!

What are adults like?

What needs do adults have?

What are teenagers like?

Teenager



Mmmmm! Mm Mmm!
(moving their shoulders up and down, but without saying anything)

What needs do teenagers have?

Adult



Mother 1:
She never stopped talking when she was small, she told everyone everything. And now she never opens her mouth.

Mother 2:
I'm the same. Mine was like an open book and is now more like a stone.

What are adults like?

What needs do adults have?

What are teenagers like?

Teenager



Marta is expecting a baby with a boy who is ignoring her.

What needs do teenagers have?

Adult



*Have you spoken to his parents?
Do you think we could help with anything?*

What are adults like?

What needs do adults have?

What are teenagers like?

Teenager



Carlos drunk himself into an alcoholic coma last weekend. Two classmates called 999 and went with him by ambulance to A&E.

What needs do teenagers have?

Adult



*If any child of mine ever did that I'd slap his face as soon as he came home!
Don't ever let me find out you've done something like that!*

What are adults like?

What needs do adults have?

What are teenagers like?

Teenager



*What about you? You can
fuck mum whenever you want
and I can't fuck whoever I
like?
That's not fucking fair!*

**What needs do teenagers
have?**

Adult



*Don't speak to me like that!
I'm your father!*

What are adults like?

What needs do adults have?

What are teenagers like?

Teenager



I've met a really nice guy on Instagram. Really cool! We're going to meet one day.

What needs do teenagers have?

Adult



What's wrong with you?! Do you want to get in trouble or what?

What are adults like?

What needs do adults have?

What are teenagers like?

Teenager



You've always ignored me and now you start going on about wanting to be a good dad and all that crap? You've always preferred Aleix and you've never paid me any attention!

What needs do teenagers have?

Adult



I don't know who my son is any more.

What are adults like?

What needs do adults have?

What are teenagers like?

Teenager



It really gets on my nerves when she tells me the same old tale about not being able to carry on studying because she had to work, and that she'll do everything she can for me to have an education! She really makes herself look stupid saying that!

What needs do teenagers have?

Adult



I really hope you can have a good education, not like me. I had to stop studying and start work... And I really hope you have a better job than mine in the future...

What are adults like?

What needs do adults have?

What are teenagers like?

Teenager



I want to leave home! You don't get me! My friends get me!

What needs do teenagers have?

Adult



Of course we get you! Do you think we were never fifteen like you?

What are adults like?

What needs do adults have?

What are teenagers like?

Teenager



*I've decided I want to leave vocational training.
I want to get my driver's licence and sign up for English.*

What needs do teenagers have?

Adult



*Marta, if you don't finish your studies they'll be useless.
Have you thought about this properly?*

What are adults like?

What needs do adults have?

What are teenagers like?

Teenager



Dad! I know what I have to do! What?! Do I have to do it because you say so? Well I don't want to! I'm the boss of my life!

What needs do teenagers have?

Adult



When you show me that can behave like an adult then you can make all the decisions you want.



I don't know how to talk to her ...

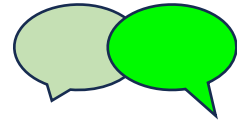
What are adults like?

What needs do adults have?

What are teenagers like?

What needs do teenagers have?

Teenagers



Teenager 1:

Whenever I see my grandparents they ask me the same old question: "Do you know what you're going to study? Do you know what you want to do when you're older?" They don't seem to care about anything else! I can't stand it!

Teenager 2:

Mine never stop telling me that I'm really handsome and that I must have all the girls chasing me and crap like that...

Teenager 3:

My parents couldn't care less and don't ask me anything...

Adult



*I hate seeing them so confused.
Are we failing as parents?*

What are adults like?

What needs do adults have?

What are teenagers like?

Teenagers



Teenager 1:

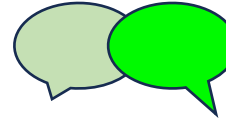
The weekend with my parents is a real pain. Now they want the whole family to go for lunch in some fucking town...

Teenager 2:



What needs do teenagers have?

Adults



Father:

He's always out all day, with friends who we know nothing about.

Mother:

Perhaps we should think of more activities to do as a family. We would all benefit from that.

What are adults like?

What needs do adults have?

What are teenagers like?

Teenagers



Teenager 1: *Mate! What a pain! We've got to choose a subject for the social science project and I've no idea what to do it on...*

Teenager 2: *Didn't you want to do it on social protests?*

Teenager 1: *Not any more! It's really difficult! It's not cool...*

Teenager 2: *Didn't you also tell me that you were interested in the origins of the feminist movement?*

Adult



He's always changing his mind. One day he says one thing and the next day another. He's like that with everything.

What are adults like?

What needs do teenagers have?

What needs do adults have?

What are teenagers like?

Teenager



Mum! You're the best in the world! I really love you!

(After 5 minutes)

Mum!!! Will you stop meddling in my life?!

What needs do teenagers have?

Adult



There's no understanding you!

What are adults like?

What needs do adults have?

What are teenagers like?

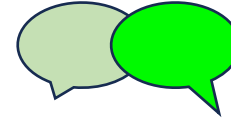
Teenager



Oh no!!! I walked in on my parents shagging! It was worse than any porn film!

What needs do teenagers have?

Adult



Something terrible has happened to me. How embarrassing! They caught us in bed. I don't know how to look him in the eyes...

What are adults like?

What needs do adults have?

What are teenagers like?

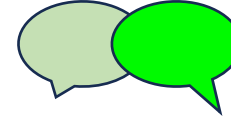
Teenager



*My mum is always coming into my room. She's always asking me stupid things: who I walked home from school with, whether I've had a snack, reminding me that I have to go and fetch my little sister from school... She's always bugging me whenever I'm at home! I feel smothered!
I think she wants to control me or ask me things and she doesn't dare...*

What needs do teenagers have?

Adults



Mother 1:
He comes home, shuts himself in his room, and is quite capable of not saying a word all afternoon. He doesn't even say hello! It's as if he doesn't need me at all!

Mother 2:
Whenever she doesn't let me in, I'm always afraid that she's talking to friends who are a bad influence on her...

What are adults like?

What needs do adults have?

What are teenagers like?

Teenager



*I don't know how to say it ...
I know I've really overdone
things. But I need you to help
me. I don't know what to do
...
I really hate having to ask
you...*

**What needs do teenagers
have?**

Adults



*Here we are. You know that
we love you. Sometimes it's
not at all easy to talk about
the things we've done and
even harder to ask for help
when we realise we haven't
done the right thing.
Don't forget that as parents
we also make mistakes, we
also have our difficulties... but
above all we're always on
your side.*

What are adults like?

What needs do adults have?

What are teenagers like?

Teenager



*Mate! My dad is fucking crazy. I thought he was really cool, but it turns out that he's now decided to spin us a line about how bad he feels about us not doing enough things together and stuff...
And that now he's changed job we can do more things at the weekend ...
He's a dick! Too little too late!*

What needs do teenagers have?

Adult



*I'm glad I decided to change jobs. I don't know why I didn't do it beforehand.
I'm excited to think that I can now spend more time with the kids and do more things together.*

What are adults like?

What needs do adults have?

What are teenagers like?

Teenager



You've no right to say anything to me. To start with, you're mum's "boyfriend", but you're not my dad. We've got nothing to do with each other.

What needs do teenagers have?

Adult



So... Have you calmed down?

What are adults like?

What needs do adults have?

Workshop 4

material for main activity

ANSWER KEY

What are teenagers like?

- They set differences with their parents to find their own identity
- They set differences with how they used to be
- They test their abilities
- They challenge adults
- They help humanity evolve
- They want to be treated as young adults

What needs do teenagers have?

- They need to be different to adults
- They need to have a different relationship to the one they had as children
- They need to know that someone is listening to them

Teenager



I don't understand why you don't take an interest in the things that are happening, not politics or anything ... We already know what will happen if we don't fight for a better world. We must fight for a healthier life. And living as a family makes no sense. People should live with the people we get on best with. We should have community flats with individual and collective spaces, with shared services, rooms where you can listen to music, study rooms, playrooms for the kids... Everything with solar power... You're old-fashioned.

Adults



Mother: *That's crazy! I used to think things like that at his age. I mostly likely still think a lot of them.*



Father: *I'm OK, provided you let me watch the TV and don't bother me!*

What are adults like?

- We sometimes forget our ideals from when we were teenagers and that we also set differences in relation to our parents
- We find it hard to understand that what they particularly want is for us to listen to them and to show them that we are listening
- Sometimes we avoid feeling at odds with each other

What needs do adults have?

- They need times to decompress from the stress we feel (this does not justify certain attitudes)

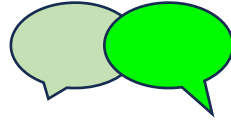
What are teenagers like?

- Demands and the lack of flexibility can make them feel overwhelmed
- Some teenagers are very clear about what they want but they are not listened too enough
- When they are not taken into account, their opinions might become more radical

What needs do teenagers have?

- They need to feel heard
- They need time so they can define who they are and make their own decisions

Teenagers



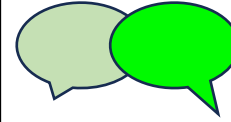
Teenager 1:

I'm fed up! They never stop telling everyone that I'm going to study business administration and management before carrying on with my dad's business. I can't stand them! I don't know what more I can say to tell them that I don't care.

Teenager 2:

Mate! It's the same at my house! They're a real pain in the neck!

Adults



Father:

I'm really worried. He looks really unmotivated. He's failed everything lately.

Mother:

Should we arrange a private teacher for him?

What are adults like?

- Sometimes we are tempted to look for "patches" before making the effort to listen to our children and understand them
- We sometimes feel very afraid of uncertainty and the unknown

What needs do adults have?

- They often need certainty because they find it calming in the event of the many demands and responsibilities for which they are answerable (work, social and family commitments, etc.)

What are teenagers like?

- They start discovering sexuality (don't forget that this is a very long road)
- They might feel very lonely
- They find it difficult to weigh up risks (they might think they take enough precautions)

What needs do teenagers have?

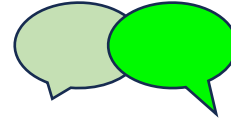
- They need to find safe environments
- They need to know the risks that sex entails
- They need their privacy to be respected

Teenager



I hope I'm not pregnant...

Adults



Father:

Diana, I was hanging out the clothes and found some boxer shorts inside Jana's sleeping bag. It gave me quite a shock. Do you think she's had sex with a boy? Who was she with this weekend? Wasn't she going out with some girl friends?

Mother:

Perhaps we should talk to her? Or perhaps not?

What are adults like?

- We have the ability to be cautious and respectful regarding our children's need for privacy
- We have the ability to give information and support to ensure our children experience safe situations
- We are sometimes envious and miss the past

What needs do adults have?

- We need our children to grow up in safe conditions

What are teenagers like?

- They feel like the family takes second place, although they continue to be dependent on it and need it
- They widen their circle of relationships
- They need their group of friends, even though they might make them suffer

What needs do teenagers have?

- They need to test their independence (although it seems contradictory, it is easier to choose a day when you know they are treating you well than a day when you're not taken into account. This is a way of avoiding breaking the bond)
- Have clear limits

Teenager



Sorry mum, I'm not staying for lunch today.

Adults



Mother: *But it was your turn to choose the menu today and I've made your favourite dish...*



Father: *Carme, you haven't done it like he likes it.*

What are adults like?

- We sometimes find it hard to accept the situation and project the cause of our disappointment onto others (we blame them)
- We often feel confused about the responses and attitudes of teenagers

What needs do adults have?

- We need to make sure the bond does not break

What are teenagers like?

- They are undergoing a time of transformation with many body changes, which can cause insecurity
- They mourn the child's body they once had
- They are scared of changes
- They fear being rejected

What needs do teenagers have?

- Empathy and understanding
- Love
- Attention

Teenager



Oh no!!! Another spot full of pus!

Adult



Would you please stop looking at yourself in the mirror? You're not the only one who needs the bathroom in this house!

What are adults like?

- We feel the weight of having to keep order in the home
- We feel pressured by our responsibilities and everyday demands
- We sometimes miss our teenage years

What needs do adults have?

- We value time greatly, as we have to juggle a lot of responsibilities
- We would prefer no obstacles or problems

What are teenagers like?

- They feel insecure, disoriented and unprotected from the world opening up in front of them
- They often do everything they can to hide their doubts and weaknesses
- They experience new ways of doing things and new identities

What needs do teenagers have?

- They need to protect themselves from adults, especially when they are annoying or they confront them with their weaknesses

Teenager



Mmmmm! Mm Mmm!
(moving their shoulders up and down, but without saying anything)

Adults



Mother 1:

She never stopped talking when she was small, she told everyone everything. And now she never opens her mouth.

Mother 2:

I'm the same. Mine was like an open book and is now more like a stone.

What are adults like?

- We are surprised by some of the answers our children give

What needs do adults have?

- We want to understand them

What are teenagers like?

- They test whether they can trust their parents

What needs do teenagers have?

- They need to be able to trust
- They need to know they will find help when they need it
- They need reference points

Teenager



Marta is expecting a baby with a boy who is ignoring her.

Adult



*Have you spoken to his parents?
Do you think we could help with anything?*

What are adults like?

- We are sometimes trustworthy, we have the ability to be respectful and comprehensive, although we dislike the situation experienced with our children
- We have the ability to offer help and to help when it really is needed

What needs do adults have?

- We need to make ourselves trustworthy

What are teenagers like?

- They test what their parents are like
- They look for risks to overcome their fears

What needs do teenagers have?

- They need to know that their parents are trustworthy, whether they can explain their difficulties

Teenager



Carlos drunk himself into an alcoholic coma last weekend. Two classmates called 999 and went with him by ambulance to A&E.

Adult



If any child of mine ever did that I'd slap his face as soon as he came home! Don't ever let me find out you've done something like that!

What are adults like?

- We are sometimes intolerant and inflexible
- We are not sometimes worthy of our children's trust
- We sometimes dodge our responsibility to support our children
- We would like everything to go smoothly

What needs do adults have?

- We need to feel satisfied with our children

What are teenagers like?

- They feel a strong desire for freedom
- They are challenging
- They question authority
- They disguise their fears with arrogant attitudes

What needs do teenagers have?

- They need those who listen to them not to fall into the trap of provocation
- They need clear limits

Teenager



*What about you? You can fuck mum whenever you want and I can't fuck whoever I like?
That's not fucking fair!*

Adult



*Don't speak to me like that!
I'm your father!*

What are adults like?

- We are sometimes strict

What needs do adults have?

- We need to feel that they respect us

What are teenagers like?

- It is time for them to discover sexual desire
- They fall in love for the first time
- They swing between childhood feelings and adult feelings

What needs do teenagers have?

- They need freedom to be able to fantasise
- They need to have new experiences, and this can confuse them
- They need to explore and differentiate between friendship, love and sexuality

Teenager



I've met a really nice guy on Instagram. Really cool! We're going to meet one day.

Adult



What's wrong with you?! Do you want to get in trouble or what?

What are adults like?

- We feel responsible for everything that could happen to our children
- Sometimes we feel very afraid

What needs do adults have?

- We need teenagers to discover things safely

What are teenagers like?

- Challenging
- They are afraid of not being loved
- They swing between childhood feelings and adult feelings

What needs do teenagers have?

- They need a lot of calmness
- They need love
- They need to be heard

Teenager



You've always ignored me and now you start going on about wanting to be a good dad and all that crap? You've always preferred Aleix and you've never paid me any attention!

Adult



I don't know who my son is any more.

What are adults like?

- We are sometimes very calm
- We have a great capacity for reflection

What needs do adults have?

- We need not to react to provocation

What are teenagers like?

- They are looking for a true path
- They are looking for criteria to help them decide their future

What needs do teenagers have?

- They need adults to be able to differentiate the needs they had as teenagers from those they have now
- They need references

Teenager



It really gets on my nerves when she tells me the same old tale about not being able to carry on studying because she had to work, and that she'll do everything she can for me to have an education! She really makes herself look stupid saying that!

Adult



I really hope you can have a good education, not like me. I had to stop studying and start work... And I really hope you have a better job than mine in the future...

What are adults like?

- We would sometimes like to forget that the road to personal fulfilment is long and that we must give them time
- We sometimes project our needs and desires onto our children, which confuses them

What needs do adults have?

- We need to see ourselves as good parents capable of supporting our children on the long road to fulfilment

What are teenagers like?

- They fight to build their own identity
- When they feel that their identity is rejected, they feel disoriented and can suffer greatly

What needs do teenagers have?

- They need the decisions they make when building their own identity to be respected
- They need to feel part of the cultural environment in which they live
- They need to be different to adults

Teenager



I do not know why I have to marry someone of Chinese origins like us... My family doesn't live in China any more and I was born here! I feel like I'm suffocating and I'm being consuming. It's as if they were stealing my life.

Adult



I can't let her get away with it... My ancestors would never have allowed it. My parents would be really upset.

What are adults like?

- We are sometimes very strict and our convictions prevent us from listening to our children, putting ourselves in their shoes and understanding them
- We can have a visceral fear of being judged

What needs do adults have?

- When we come from a country other than the one in which we live, we can feel a very strong need to uphold our original cultural references (customs, traditions, rituals, norms, etc.)

What are teenagers like?

- They give their group of friends more importance than their family, although friends can make them suffer
- The group helps them strengthen their identity

What needs do teenagers have?

- They need to experience moving away from home
- They need to ensure that they maintain the bond. The way of doing so is sometimes through conflict and provocation
- They need to expand their closed circle

Teenager



I want to leave home! You don't get me! My friends get me!

Adult



Of course we get you! Do you think we were never fifteen like you?

What are adults like?

- We sometimes forget to talk tactfully and we might use sarcasm and provocation
- We often take what they tell us literally without reading between the lines of what our children are saying

What needs do adults have?

- Above all, we need to maintain the relationship
- We need to be comprehensive

What are teenagers like?

- They are scared of having to make future decisions and this can force them to rush into other decisions that lead to more instant results
- They are afraid that some decisions can make them feel tied and lose their freedom

What needs do teenagers have?

- They need to feel that they are completing specific tangible projects

Teenager



*I've decided I want to leave vocational training.
I want to get my driver's licence and sign up for English.*

Adult



*Marta, if you don't finish your studies they'll be useless.
Have you thought about this properly?*

What are adults like?

- We have the ability to help think things through
- We can help them contain the uneasiness of starting to face the future, and make them feel supported

What needs do adults have?

- We need to be able to support teenagers in an appropriate, thoughtful way

What are teenagers like?

- They can feel jealous of the responsibilities of adults
- They can feel ambivalence: They want to be able to make important decisions but at the same time might feel afraid of the responsibility
- It is hard for them to put up with the fact that they still depend on their parents
- They cannot stand being lectured. This doesn't make them take action and more likely makes them feel guilty

What needs do teenagers have?

- They need to take on responsibilities and feel

Teenager



Dad! I know what I have to do! What?! Do I have to do it because you say so? Well I don't want to! I'm the boss of my life!

Adult



When you show me that can behave like an adult then you can make all the decisions you want.



I don't know how to talk to her ...

What are adults like?

- It is hard for us to realise that our words can make others feel guilty and can cause a lot of pain
- Sometimes, we do not realise when we are ruffling someone's feathers

What needs do adults have?

- We need the opportunity to stop in order to take a step back and not feel trapped by what we are being told

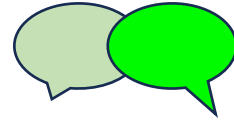
What are teenagers like?

- They are extremely uncertain about the future

What needs do teenagers have?

- They need to be sure about things in the present: Realising their abilities, realising that they are loved and lovable, assuming responsibilities, showing that they can make decisions
- They do not need to be confronted with the future

Teenagers



Teenager 1:

Whenever I see my grandparents they ask me the same old question: "Do you know what you're going to study? Do you know what you want to do when you're older?" They don't seem to care about anything else! I can't stand it!

Teenager 2:

Mine never stop telling me that I'm really handsome and that I must have all the girls chasing me and crap like that...

Teenager 3:

My parents couldn't care less

Adult



*I hate seeing them so confused.
Are we failing as parents?*

What are adults like?

- Sometimes we take the part for the whole
- We find it hard to give up any authority
- We are anxious about the uncertainty of what faces our children
- We forget to be present and value everything that goes well

What needs do adults have?

- We would like to be sure about things

What are teenagers like?

- They identify with their friends
- They need their group of friends
- They want to do things outside the family

What needs do teenagers have?

- They need to test their independence, build their own criteria, explore new situations, learn from relationships with others to find out what they are like and who they are as people
- They need privacy

Teenagers



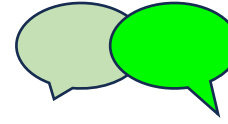
Teenager 1:

The weekend with my parents is a real pain. Now they want the whole family to go for lunch in some fucking town...

Teenager 2:



Adults



Father:

He's always out all day, with friends who we know nothing about.

Mother:

Perhaps we should think of more activities to do as a family. We would all benefit from that.

What are adults like?

- Sometimes we do not remember what we were like as teenagers
- We are afraid of the unknown (friends, new forms of relationships, etc.)
- We do not dare trust our children
- We are worriers

What needs do adults have?

- We also need to have relationships outside the family so that we do not become bogged down

What are teenagers like?

- They are experiencing a time of transition: They feel insecure and disoriented, they do not know what is happening to them or what they want

What needs do teenagers have?

- They would like to be sure about things

Teenagers



Teenager 1: *Mate! What a pain! We've got to choose a subject for the social science project and I've no idea what to do it on...*

Teenager 2: *Didn't you want to do it on social protests?*

Teenager 1: *Not any more! It's really difficult! It's not cool...*

Teenager 2: *Didn't you also tell me that you were interested in the origins of the feminist movement?*

Adult



He's always changing his mind. One day he says one thing and the next day another. He's like that with everything.

What are adults like?

- Sometimes we are not very tolerant about our children's instability and forget the difficulties of going through the teenage years
- We sometimes identify with our children's suffering and don't want them to go through what they are going through
- We tend to generalise, and this does not help

What needs do adults have?

- We would like to be sure about things

What are teenagers like?

- They feel emotionally unstable
- They go through mood changes (there is a physiological basis for this)
- Criticism can make them suffer, they might feel that they are being questioned overall and this destabilises them (taking the part for the whole)

What needs do teenagers have?

- Need to find their own space
- They need calm, tolerance and understanding
- They need respect and tact

Teenager



Mum! You're the best in the world! I really love you!

(After 5 minutes)

Mum!!! Will you stop meddling in my life?!

Adult



There's no understanding you!

What are adults like?

- Sometimes we tolerate instability, differences and contradictions poorly
- If we do not feel loved, we feel questioned as parents
- Sometimes we do not know how to read between the lines (we only stick with what is most apparent)

What needs do adults have?

- We need to feel loved and would like it to always be that way
- We need to feel respected

What are teenagers like?

- They do not know a lot about reality and finding out is fascinating and sometimes scary
- They feel they need to appear strong to minimise their fear
- Their parents showing the relationship they have can make them feel excluded and lead to the need to seek comfort in their group of friends

What needs do teenagers have?

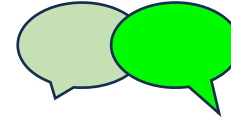
- They need to be told the truth
- They need tenderness
- They need signs of affection

Teenager



Oh no!!! I walked in on my parents shagging! It was worse than any porn film!

Adult



Something terrible has happened to me. How embarrassing! They caught us in bed. I don't know how to look him in the eyes...

What are adults like?

- Sometimes we are afraid to talk about the truth with our children

What needs do adults have?

- Need for privacy
- Need for forgiveness
- We need to correct things when we realise that we might have hurt them

What are teenagers like?

- They test their independence, and the first place they do this is within the four walls of their bedroom

What needs do teenagers have?

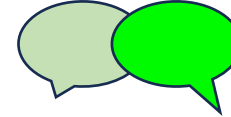
- They need privacy
- They need their own space

Teenager



My mum is always coming into my room. She's always asking me stupid things: who I walked home from school with, whether I've had a snack, reminding me that I have to go and fetch my little sister from school... She's always bugging me whenever I'm at home! I feel smothered! I think she wants to control me or ask me things and she doesn't dare...

Adults



Mother 1:
He comes home, shuts himself in his room, and is quite capable of not saying a word all afternoon. He doesn't even say hello! It's as if he doesn't need me at all!

Mother 2:
Whenever she doesn't let me in, I'm always afraid that she's talking to friends who are a bad influence on her...

What are adults like?

- We miss being the main point of reference for our children
- We have a lot of information and feel threatened by what our children could be suffering. This can mean we do not see what they really are like or trust the process
- Sometimes we are afraid they will go through situations like those we experienced

What needs do adults have?

- We need to feel useful as parents
- We need to feel that the home is a safe space, and this can lead us to want to control everything

What are teenagers like?

- They have difficulty weighing up risks and difficulties
- They tend to think they are able to do more than what they are ready for

What needs do teenagers have?

- They need to be unconditionally loved
- They need to be heard and understood
- They need to be forgiven
- They need to have the chance to correct what they have done

Teenager



*I don't know how to say it ...
I know I've really overdone things. But I need you to help me. I don't know what to do ...
I really hate having to ask you...*

Adults



*Here we are. You know that we love you. Sometimes it's not at all easy to talk about the things we've done and even harder to ask for help when we realise we haven't done the right thing.
Don't forget that as parents we also make mistakes, we also have our difficulties... but above all we're always on your side.*

What are adults like?

- We have a great capacity to love
- We have the ability to be tolerant and patient
- We have the ability to forgive without holding a grudge
- We have the ability to be reliable
- We love it when we can help a child

What needs do adults have?

- We need to love

What are teenagers like?

- They mourn the parents they saw as perfect during their childhood
- Feeling angry with parents makes them uneasy

What needs do teenagers have?

- They need adults to respond calmly when they express their disagreement
- They need reliable, firm, calm adults who are able to heed their uneasiness

Teenager



Mate! My dad is fucking crazy. I thought he was really cool, but it turns out that he's now decided to spin us a line about how bad he feels about us not doing enough things together and stuff... And he says that now he's changed job we can do more things at the weekend ... He's a dick! Too little too late!

Adult



I'm glad I decided to change jobs. I don't know why I didn't do it beforehand. I'm excited to think that I can now spend more time with the kids and do more things together.

What are adults like?

- We have difficulties
- We mourn the childhood of our children
- It is hard for us to see that they have grown up

What needs do adults have?

- We need to show love for our children
- Sometimes we may need someone (our partner) to help us understand the situations we are going through and the causes of confrontation with our children

What are teenagers like?

- They seek their own identity, sometimes defining it with the help of disagreement
- They change the perception they have of the family and their references

What needs do teenagers have?

- They need the stage of life they are going through to be understood and their weaknesses treated with respect

Teenager



You've no right to say anything to me. To start with, you're mum's "boyfriend", but you're not my dad. We've got nothing to do with each other.

Adult



So... Have you calmed down?

What are adults like?

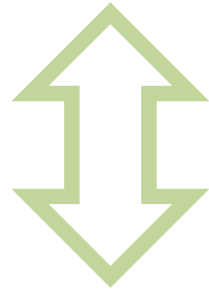
- We have the ability to calm down and not take what teenagers say to us as a personal provocation

What needs do adults have?

- We need to find a way of being treated with respect, despite understanding that what might be offensive often involves other messages, such as a cry for help

from birth
to 1 year

trust

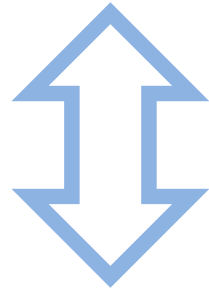


mistrust

mother

from 1 to 3
years

autonomy

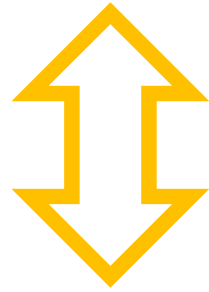


shame and doubt

mother, father
and/or
guardians

from 3 to 6
years

initiative

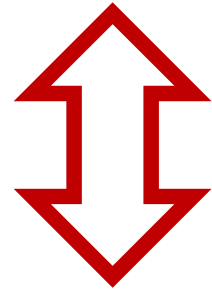


guilt

family

from 6
to 12 years

industry

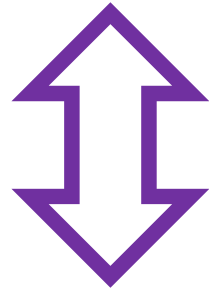


inferiority

teachers and
friends

from 12
to 20 years

identity

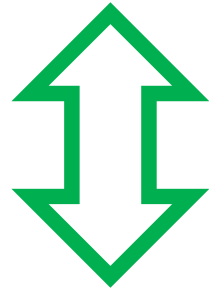


role confusion

peers

from 20
to 40 years

intimacy

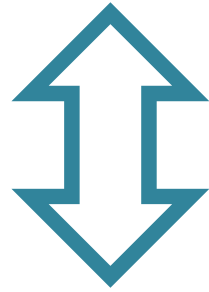


isolation

partner,
intimate
friends

from 40
to 65 years

generativity



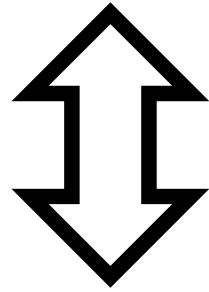
stagnation

community

from

65

integrity



despair

synthesis