



NOURISHING GLOBAL FAMILIES



PART 1 DEMYSTIFYING RAISING GLOBAL TEENS



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Pediatrician and
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THURSDAY, OCT 20, 2022 1:00 PM TO 2:00 PM

Demystifying Raising Global Teens

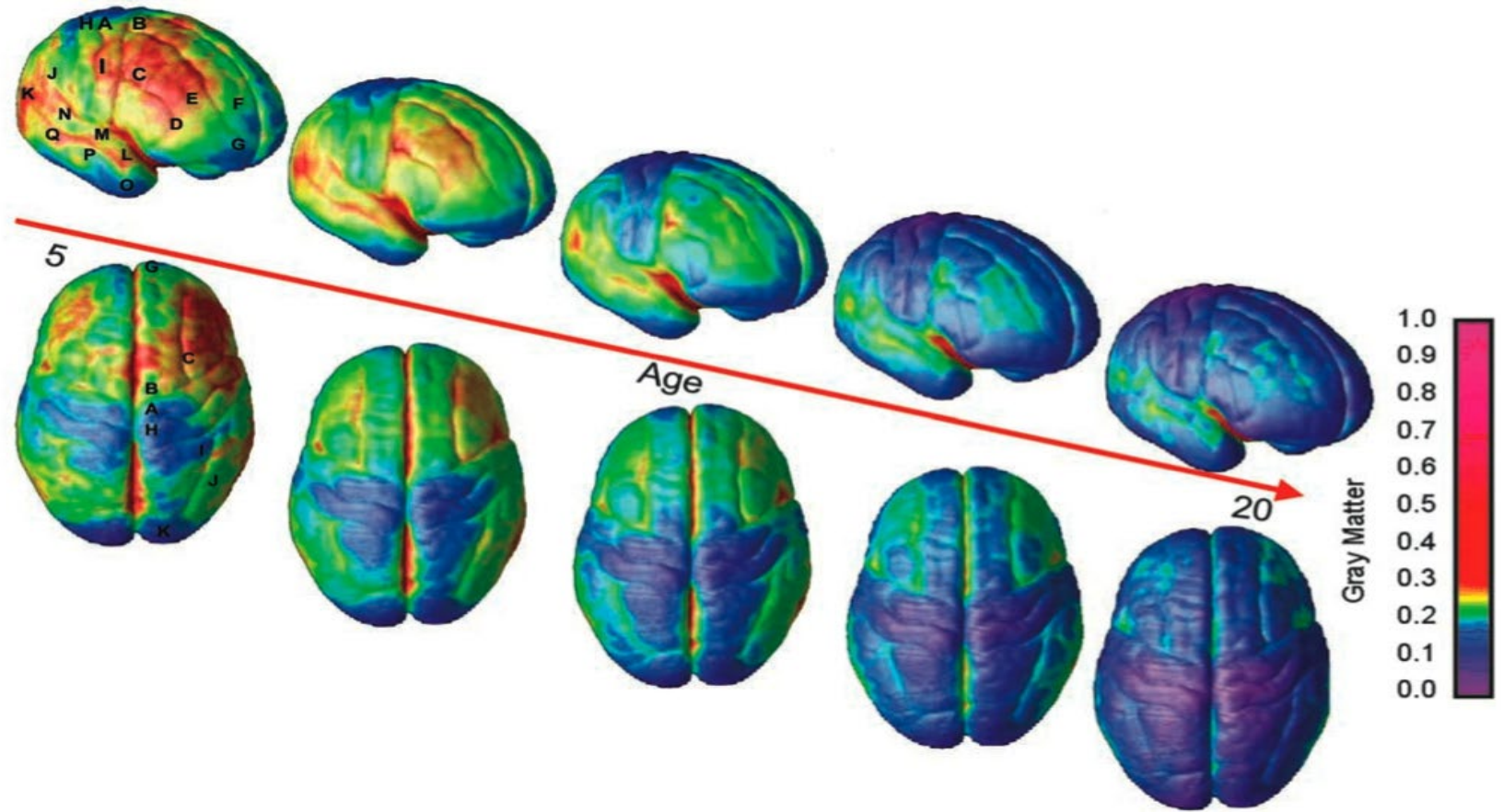
Nourishing Global Families Series
October 20th, 2022

Common questions

- How do address the constant use of screen time?
- How do we help manage the increase in mental health issues among adolescents like depression, anxiety and eating disorders?
- How do we encourage our kids to be true to themselves and avoid peer pressure?
- How do you support multicultural teens?
- How do we help kids to maintain friendships and social interactions?
- What are the warning signs of depression? What is 'normal' anxiety vs clinical anxiety? Why has eating disorders increased during the pandemic?
- How can I help my teen to meet others and stay engaged?
- How do handle our own anxiety and frustration as parents?

What is Adolescence?

Brain Development over the Ages



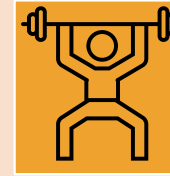
7 Tips to Help Global Teens Thrive



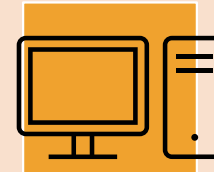
Helping Teens to Thrive: 7 Practical Tips



**1. MAKE COMMUNICATION
EFFECTIVE**



**2. BUILD ON UNIQUE
STRENGTHS**



**3. EMBRACE TECHNOLOGY
(BUT REINFORCE LIMITS).**

Helping Teens to Thrive: 7 Practical Tips



**4. CREATE AN ANTI-STRESS
TOOLKIT**



**5. STAY ATTUNED TO WARNING
SIGNS**



**6. TALK ABOUT IDENTITY AND
BELONGING**



**7. BUILD RESILIENCE AND
PROBLEM-SOLVING**

1. Make communication effective



2. Build on unique strengths and creativity



3. Embrace technology but enforce limits



4. Create an anti-stress toolkit and model positive coping skills/ kindness



5. Stay attuned to warning signs



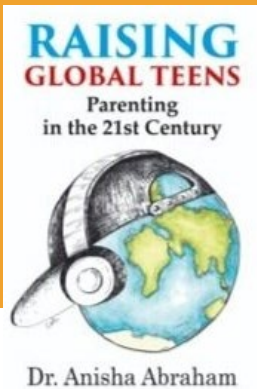
6. Talk about identity and belonging



7. Develop resilience and encourage problem solving

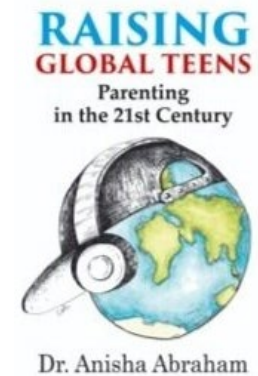


Helping Teens to Thrive: 7 Practical Tips



Helping Teens to Thrive: 7 Practical Tips

- Make communication effective
- Build on unique strengths
- Embrace technology
- Create an anti-stress toolkit
- Stay attuned to warning signs
- Talk about identity and belonging
- Develop resilience and encourage problem solving



Common questions

How do we help manage the increase in mental health issues among adolescents like depression, anxiety and eating disorders?

What are some practical tips for communicating with teens? It's can be hard to get them to open up.

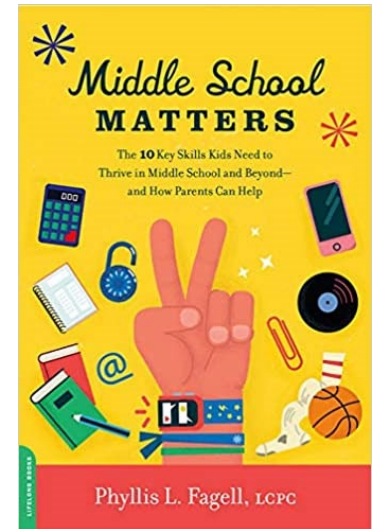
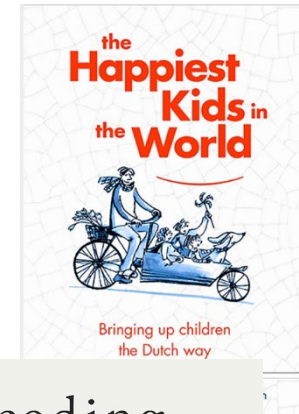
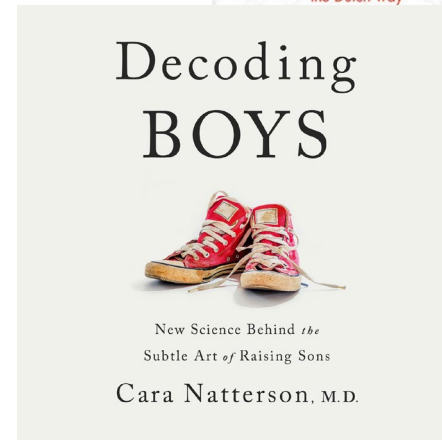
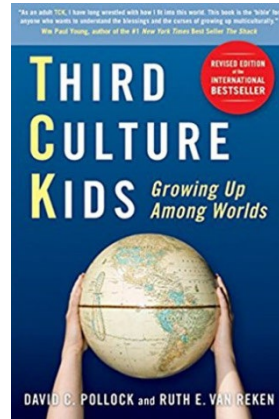
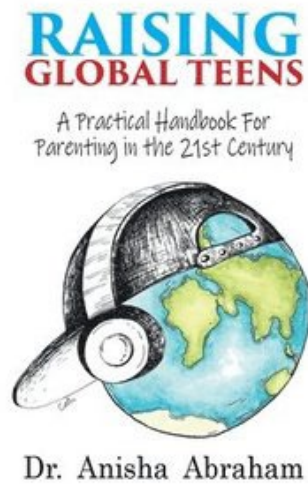
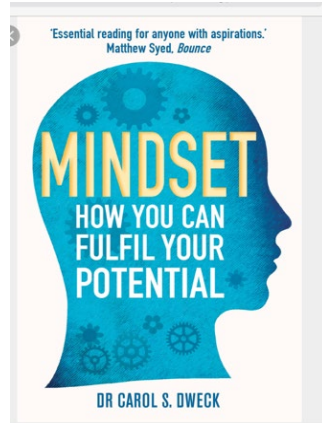
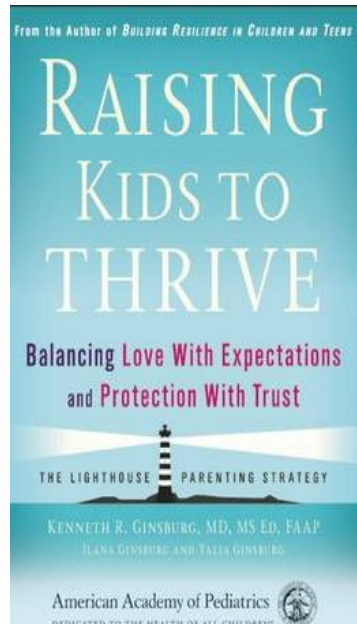
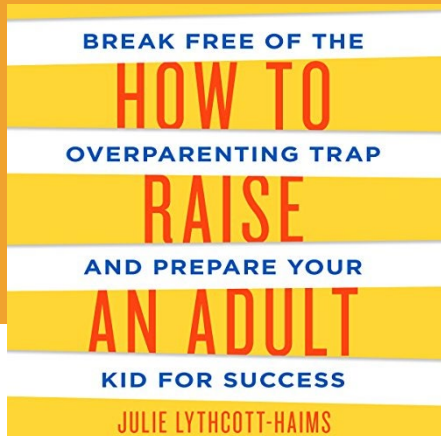
How can we help kids to build resilience during the pandemic and beyond?

How do you support multicultural teens?

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Parent Resources



www.youngmenshealthsite.org
<http://youngwomenshealth.org/>
<http://kidshealth.org/en/teens>
www.common sense media.org

Questions?

