

YMCA Go!

FAMILY SUPPORT

A GUIDE FOR PARENTS
& GUARDIANS

CHALLENGING BEHAVIOUR



YMCA

Here for young people
Here for communities
Here for you

All information correct as of
November 2023.

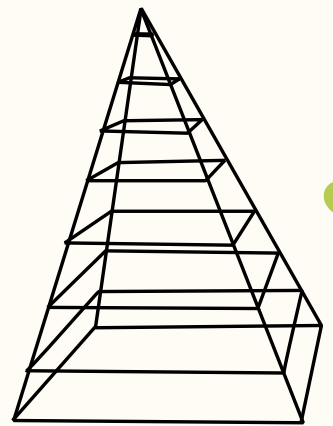
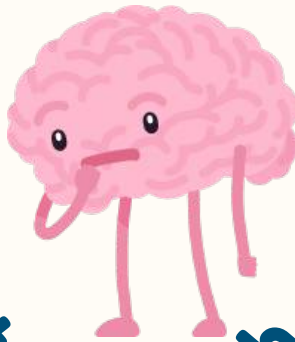
Challenging Behaviour

As young people continue to develop and journey through puberty they may present with some challenging behaviours. While you can expect to experience some teenage angst, it is good to try to understand if there is any underlying reasons for the behaviour.

Transitioning to a new school



Mental Health



Lack of structure

New Friends



Overstimulation



Lack of sleep



Struggling with school work

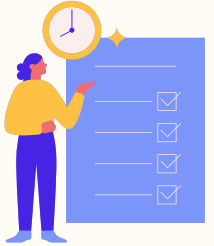


5 tips for challenging behaviour

1

Be Consistent

Boundaries and structure must be maintained. Young people are subject to many different environments (think school, friends houses, clubs & activities) so life can be confusing and loopholes easy to find. If you say something will happen, make sure you follow through, but make sure you can explain why: 'because' / 'because I said so' is not a good enough reason.



2

Age & Stage Appropriate

Consequences for actions must be appropriate to the age and stage of the young person. E.g. if your young person very rarely goes out with friends, then grounding may not be the best option. Equally so, taking a phone off a teenager who goes out regularly, may put that young person in a dangerous situation later.



3

Logical Consequences

Does the consequence match the crime? If a young person is caught staying up past their bedtime by 1 hour playing on the games console, does making them do all the household chores make them learn their lesson, or just more resentful? Young people must understand the connection to learn for the future.



4

Positive Re-enforcement

Praise the good behaviours, no matter how small. This shows your young person that while you may not like their bad behaviour, you still love them. Where it is safe to do so, ignore the bad behaviours, this takes away the negative attention, and focuses the attention given onto positive activities.



5

Seek Professional help

It is OK to admit that you can't do everything by yourself. If the behaviour is getting too difficult to manage, reach out to professionals to help. Schools can offer support, as well as a large range of charities that can be found in the back of this booklet.



For further support visit:

Websites:

www.changes.org.uk

www.youngminds.org.uk

www.mind.org.uk

www.healthtalk.org

Phone Numbers (Stoke):

Changes: 01782 411 433

All Age Access Team: 0800 032 8728 (Option 1)

Apps for young people:



Mindshift (Free)



Headspace (Free trial then £50 per year or £10 per month.
They do have shorts on Netflix!)



Smiling Mind (Free)



Finch Self Care (Free - optional in app purchases)

App for Parents & Guardians:



Combined Minds (Free - optional in app purchases)

For more information about
YMCA Go! please head to
www.ymcans.org.uk/ymca-go

