

Adolescence and Responsibility

Responsibilities to Yourself

- With privileges comes responsibility
 - You may not be ready for all of the responsibilities
 - Some days you make all the decisions
 - Other days you want to pretend like you are invisible and have someone else make them for you
- Your pathway to adulthood will be marked by a growing responsibility for your own decisions and actions.

Making Everyday Decisions

- Buying items (clothes, games, toys, music, hair cuts/dye, etc)
- Eating nutritious meals
- Exercising
- Making doctors appointments

Resisting Negative Influences

- Health and safety
- Smoking, drinking, drugs
- Sexual activity
- Hang out with people who share the same values as you
- Be careful what groups you are around and the activities they are engaging themselves in, you may regret doing something

Thinking about your future

- Decisions you make now can affect your future
- You have to work to achieve your goals
- Making poor choices now can prohibit you from achieving those goals

Responsibilities to Others

- Your responsibilities to your family, friends, and community increase greatly during adolescence.

Your Role in the Family

- Autonomy or independence
- As a teenager you may want to be more independent and make your own decisions, go against your parents rules
- This may create friction between you and your parents
 - They may be disappointed in your decisions if they are going against what they have taught you

Responsibility to Family

- Most teenagers are happy, healthy, and value their families
- As the teenager is trying to gain autonomy the parents and teenager need to both engage in some give and take
- Show respect for the feelings, tastes, and values of family members on minor issues, such as clothing styles.

Responsibility to Family cont.

- Helping Out
 - House painting, grocery shopping, laundry, babysitting, help with homework, job
- Giving Back
 - Help family with difficult or stressful situations, discipline siblings, offer encouraging words to younger siblings
- Playing by the Rules
 - follow family guidelines
 - Clothing
 - Curfews
 - Other activities
 - Talk to parents and establish guidelines that are right for you

Responsibility to Friends

- Listen when you talk and support you when you have a problem
- Similar responsibilities
- May witness a friend engaging in destructive or dangerous behaviors---- when you have this concern be responsible and try to help
- Peer Pressure- can be a positive and negative force

Responsibility to Community

- Become familiar with the laws of your community
- Realize that something that may be funny and a joke at the time could have very serious consequences (vandalism, littering, reckless driving)
- Participate in fund raising activities, giving aid to less fortunate community, etc