

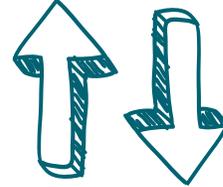
How to Read Your Teen's Behavior

Some defiance and moodiness are normal for teens, but extreme changes may signal deeper issues.

Mood Swings

Normal: Occasional ups and downs

Concern: Intense sadness, hopelessness, or irritability



Social Withdrawal

Normal: Needing alone time

Concern: Long-term isolation or avoiding favorite activities



Changes in Appearance

Normal: Trying new styles

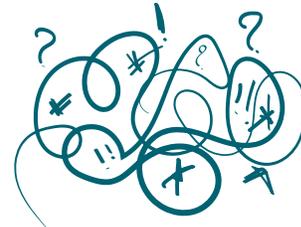
Concern: Poor hygiene, drastic weight changes, or inappropriate outfits



Increased Conflict

Normal: Testing boundaries

Concern: Extreme anger, aggression, or severe defiance



Peer Group Changes

Normal: New friends over time

Concern: Sudden shifts and risky influences



Risky Behavior

Normal: Some risk-taking

Concern: Substance use, unsafe sex, or dangerous behavior



If you notice multiple warning signs, it may be time to seek professional help.



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