

Worried about your teenager's behaviour?

Arguments are a natural part of family life but abuse is not.

Some anger and frustration is common from teenagers, but: it's not OK for your child to be aggressive, threatening, or become violent towards you.

It's important to know and believe that your child's behaviour is not your fault. There is normally a reason which is beyond your control: they might be struggling to cope with a stressful event or experience that they're keeping to themselves.

Communicating with your child

It's instinctive for parents to try to understand the reasons behind their children's behaviour and to try to help them. You can find advice on communicating with your child on Family Lives' website [here](#).

You might have tried and tried to talk to your child and understand their behaviour but are now at your wits end.

There is help available!

Seeking Help

It can be hard to decide to seek help when the person harming you is your child.

You might feel like you're letting your child down, but you're not: you're helping them.

Ignoring the behaviour won't make it go away; it's likely to continue and become more entrenched.

You deserve and have the right to feel safe in your own home. Dealing with your child's behaviour can be exhausting, demoralising, and even frightening; but there is help and support available..



For Advice, you can contact:

Live Fear Free National Helpline 24/7:
0808 80 10 800 (phone)
0786 00 77 333 (text)
gov.wales/live-fear-free (live chat)

Family Lives helpline: 0808 800 2222

Respect helpline: 0808 8024040

If you fear for your or your family's safety, you should call the police.

You can also signpost your teenager to Welsh Women's Aid's [Healthy Relationships posters](#) for teenagers. These provide information, advice, and links to support for teenagers who have experienced or are perpetrating abuse.

Check with your local services what support they are offering. Click [here](#) to find out where your nearest service is.



Live Fear Free Helpline
Llinell Gymorth Byw Heb Ofn
0808 80 10 800



Cymorth i Ferched Cymru
Welsh Women's Aid