



Leaflets

Got a Teenager?

FURTHER HELP

PARENTLINE PLUS

Free*, confidential support for parents.

- Parentline: 0808 800 2222
- Textphone: 0800 783 6783
- Email: parentsupport@parentlineplus.org.uk
- Website: www.parentlineplus.org.uk
- Be Someone to Tell: www.besomeonetotell.org.uk
- Got a teenager: www.gotateenager.org.uk

*Free from landlines and most mobile networks.

OTHER USEFUL PARENTLINE PLUS PUBLICATIONS

'Exam pressure'
'Homework'
'Troubles at school'

HAVE YOU SEEN OUR

FAMILY LIFE series
SCHOOLS' series



Parentline Plus: 520 Highgate Studios, 53-79 Highgate Road, Kentish Town, London NW5 1TL
Free* Parentline: 0808 800 2222

Free textphone for people who are deaf, hard of hearing or have a speech impairment: 0800 783 6783
Web: www.parentlineplus.org.uk Email: parentsupport@parentlineplus.org.uk

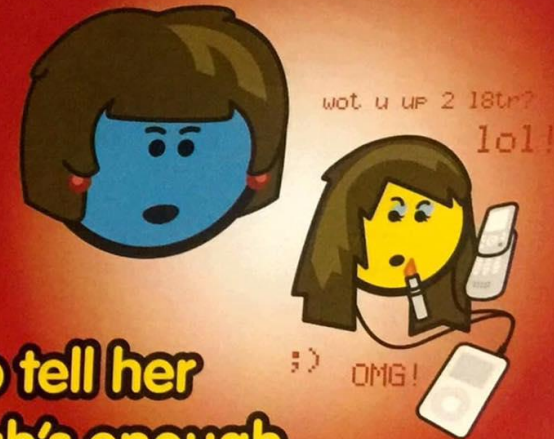
For professionals: www.parentlineplusforprofessionals.org.uk
Be Someone to Tell: www.besomeonetotell.org.uk
Got a teenager: www.gotateenager.org.uk

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Parentline Plus is the operating name of FamilyLives. FamilyLives is a company limited by guarantee registered in England and Wales
Registered Company Number: 3817762. Registered Charity Number: 1077722

GOT A TEENAGER?

Part of the TEENS' series



I try to tell her enough's enough.

It's easy to think your teenager doesn't want anything more to do with you. When they seem to ignore all you say or do, it's difficult to see that being a teenager can be very tough.

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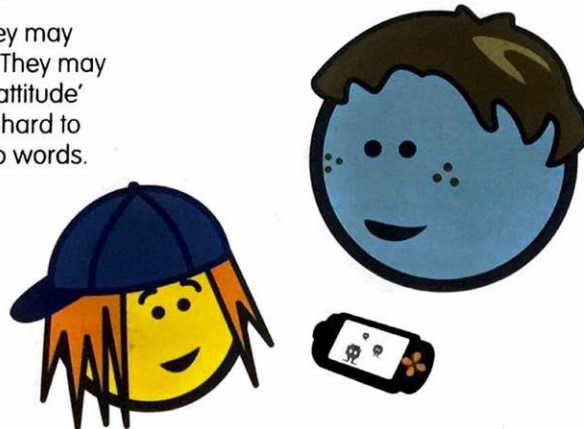
Got a Teenager?

WHAT YOU CAN DO

Sometimes the things that your teenager says may hurt you. They seem to have changed from the cooperative child you once knew. But remember they are growing up to be young adults. They need to learn how to think and act for themselves but most of all they need your love, help and advice to make sense of it all.

Parentline Plus tips

- ✓ Keep an open mind and listen to their point of view.
- ✓ Change the way you talk to them. Rather than nagging, just chat when you get the opportunity such as before they go to their room, or after watching TV.
- ✓ Agree boundaries with all those involved in bringing up your children. Knowing there are rules helps your teenagers feel safe and secure.
- ✓ Understand why they may be behaving badly. They may be moody or have 'attitude' because they find it hard to put their worries into words.
- ✓ Compromise. Sometimes it is worth meeting them half way. It shows you have listened to them.
- ✓ Start to give them some responsibility for their own safety but make sure you have discussed the best ways to keep safe first.
- ✓ Enjoy your teenager as a young adult and let them know when you are proud of them.



SETTING LIMITS

Boundaries are about setting the bottom line. They show what you value, and what's right for you and your family. They are the principles that guide you and help you to keep your child safe and secure. Teenagers will often test the limits you have set them – it's part of growing up.

Parentline Plus tips

- ✓ Tell your children clearly what you want and why, and listen to their point of view. Boundaries work far better if they are made and agreed by everyone.
- ✓ Make a compromise. It doesn't mean you're giving in but shows that you value their opinions and are letting your children take more responsibility for themselves.
- ✓ Trust them. Children are far more likely to cooperate if they feel trusted and part of a team.
- ✓ Give your teenagers some responsibility for their own safety as they get older. Give them ideas about how they can keep themselves safe.
- ✓ If it's not working talk over why not and make a new rule or agreement together. Be prepared to talk about or change the boundaries right through the teenage years as your children grow and mature.

→ NEW WEBSITE

www.gotateenager.org.uk

Parentline Plus has just launched a brand new social networking website for parents of teenagers. Whether you are worried about drugs and unsafe sex or just can't seem to get through the day without a row, then you are not alone. Meet other parents online and share the challenges and successes of parenting your child through the teenage years. Features include message boards, e-learning modules, interactive TV shows for parents and much more...

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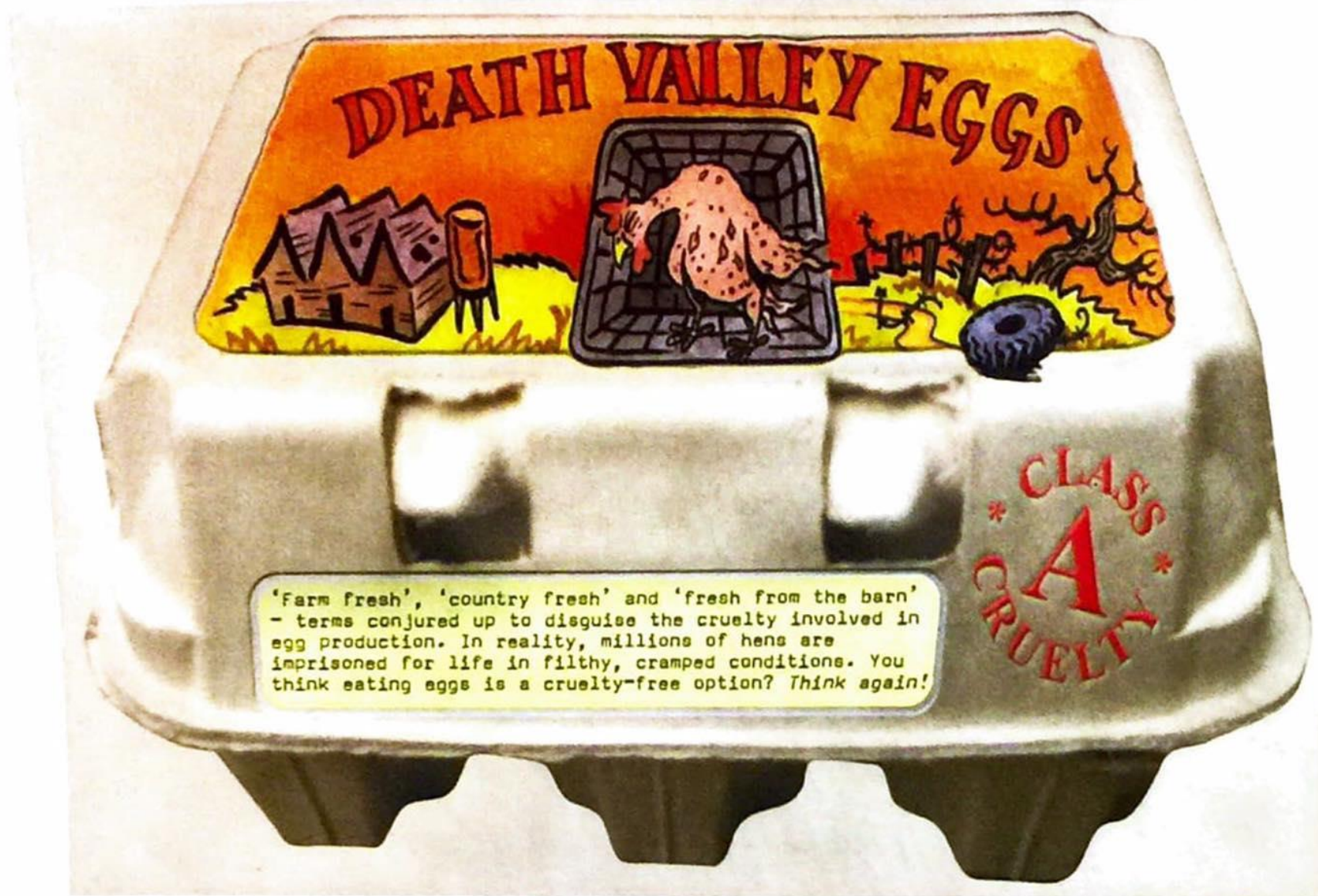
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Exercise 2: 'Got a Teenager?' and 'Death Valley Eggs'

Write a detailed comparison of the two leaflets 'Got a Teenager?' and 'Death Valley Eggs' in which you look at the similarities and differences between them. Make sure that you support your comments by referring to and quoting from the content of the leaflets. For each leaflet, you should consider the following points in particular:

- the purpose of the leaflet
- its audience – who it is aimed at
- the information it contains
- its layout – for example, the use of illustrations, colour, subheadings, different fonts
- the tone of the language – in particular, the use of emotive vocabulary and the ways in which facts and opinions are conveyed to readers
- how successful the leaflet is in achieving its purpose; give your reasons.



The front of the 'Death Valley Eggs' leaflet (reduced in size). The image on page 51 shows the inside

There are approximately 30 million egg-laying hens in the UK. Around 75% are kept in battery cages. The others are kept in 'alternative' systems such as 'barn' or 'free range'. But look at these photos. Is there really much difference?



BATTERY HELL

In battery units, four or five hens are crammed into a space not much bigger than a microwave oven. They are barely able to move, let alone stretch their wings. Battery cages are so inhumane that they will be banned in the EU from 2012 – but that means years of suffering ahead. And the replacement, so-called 'enriched' cages, will make little difference – because a cage is still a cage and the extra space the hens will have is equivalent to the size of a postcard.



A recently-rescued free range hen

Photo: FAWN

BARN MISERY

The term 'barn eggs' is used deliberately to dupe the public into thinking that the hens are kept in bright, airy conditions with fresh straw on the floor. Not true! Though uncaged, the hens are still confined to dirty, overcrowded sheds.

They will never see daylight, breathe fresh air or be able to exercise their natural instincts.



Photo: Viva!



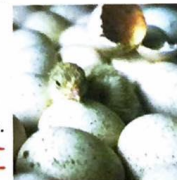
Photo: FAWN

FREE RANGE?

Many people associate 'free range' with 'cruelty-free' and assume the hens live a natural life. The reality is very different: thousands of 'free range' hens may be packed into huge sheds with limited access to the outdoors. Often, less than half of the birds roam freely into and out of the sheds because the others are simply unable to fight their way through to the exits.

MALE CHICKS KILLED

Each year in the UK, approximately 30 million day-old male chicks are gassed or tossed alive into giant industrial shredders, 'disposed of' because they are unable to lay eggs and are considered too scrawny a type of chicken for meat production.



NOT ALL THEY'RE CRACKED UP TO BE

Eggs contain saturated fat, one of the main causes of heart disease – and they are among the highest sources of dietary cholesterol. Research also indicates that eggs can inhibit the absorption of iron (needed for healthy blood, cells and nerves) and contribute to loss of calcium (necessary for healthy bones). There are no nutrients in eggs that cannot be obtained from other foods. Cutting out animal products entirely is the really healthy option.

Send for a free recipe pack. See reverse.

Tel 01732 364546



www.animalaid.org.uk