

# Teens \* Social Distancing \* Covid 19

**What parents may be seeing/hearing:**

excessive screen time  
swearing  
defiance  
disrespect  
ignoring

complaining  
sneaking  
refusing  
fighting  
leaving

**What teens  
may be  
experiencing:**

boredom  
helplessness  
lack of skills  
disconnection  
emotionally  
dis-regulated

fear  
worry  
confusion  
powerlessness  
misunderstanding  
worry about social status

**Rather than focusing on the tip of the iceberg, problem solve  
with teens by addressing what is under the surface**

