

Pointers For Parents

Talking To Today's Teens

(NAPSA)—Studies show today's teenage girls face—and excel in—an environment filled with challenges unique to their generation.

According to the American Psychological Association (APA), as a group, girls now enter puberty earlier, stay in school longer and are exposed to sex and violence more frequently than in years past. The results, says the APA, are a group of teenagers whose emotional development does not always keep pace with their physical growth and the rapidly changing world around them.

To help parents help their daughters, the APA offers a free guide called *Staying Connected: A Guide for Parents on Raising an Adolescent Daughter*. The brochure features the following tips:

On Time

There is no substitute for a parent. It is important to be especially diligent about carving out occasions to spend time with your daughter, one-on-one.

On Friends

If you think your daughter's friends may lead her towards trouble, voice your concerns for her safety firmly and clearly. Forbidding her to see specific friends, however, may not work. If you don't like her friends, invite them over and try to get to know them. You may find them to be more acceptable than you expected.

On Self Esteem

Parents can help bolster their daughter's self esteem. Encourage your daughter to be true to herself



Experts say parents can help boost their daughter's self esteem with honest and open communication.

and be sure to listen to her. Respect her ideas, thoughts and feelings. Also, it's important for fathers to remember they represent the first male relationship girls have in their lives. Therefore, dads can help their daughters by focusing attention on who their daughters are on the inside, not just on their appearances.

The brochure is distributed in association with a documentary film called *5 Girls*. The film covers the lives of five young women and the challenges that face them.

For a free copy of the guide, contact the American Psychological Association at 202-336-5700, e-mail publiccom.affairs@apa.org or write to the Association at 750 First Street, NE, Washington, DC 20002.