



# Megan de Beyer

## What your Teen needs from you



Adolescence can be a very difficult phase in the parenting journey – I want to help, by sharing some wisdom I gathered while doing research for my book, [“How to Raise a Man.”](#) I created a focus group of teens aged 15-16 to answer a survey about what they need from their parents, and the results were fascinating. Here are a few highlights from the survey:

## What do you wish your parents would STOP doing

1. Worrying so much
2. Taking their bad moods out on me
3. Invading my space
4. Judging my friends
5. Being late for things that are important to me
6. Always telling me I'm disorganised

## What do you need from your parents

1. Listen to me
2. Ask for my opinion
3. Give me more of a role in making decisions about my life
4. Understand I need my independence
5. My social life and social media
6. Spend more time and appreciate having me around

Fascinating, hey? Do you struggle with any of these in particular? If you want to discover further details about the survey and how this applies to parenting teen boys, go straight to pages 115 and 116 of my book, [“How to Raise a Man”](#).

“For the month of November, we will donate R100 to every purchase of [“How to Raise a Man”](#) to [Boys and Girls Town SA](#).

This makes a brilliant Christmas gift to both your friend/family member AND an important local charity! Megan will mail a signed copy of your special edition book straight to your door, gift wrapping optional.

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