

TEEN BEHAVIOUR ICEBERG

www.SocialWorkersToolbox.com

Above the surface - what we see

These are behaviours adults often react to. They are visible and easy to judge.



attitude
or arguing



withdrawing
from family



spending a lot
of time alone



breaking
rules



risk
taking



anger or
irritability



refusing school
or activities



sudden
mood
changes

Below the surface - what may be underneath

These experiences are often hidden.



fear of
rejection



low
self-esteem



peer pressure



bullying



anxiety



identity
struggles



feeling
misunderstood



social media
pressure



loneliness



shame



past trauma



feeling out
of control

Important message

Teenagers often struggle to explain what they are feeling, so it can come out through behaviour. Teen behaviour is often communication, not defiance. Look beyond the behaviour to understand what the young person may need.

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