

To receive one training credit, please read the corresponding article and answer the questions below. Return the answer sheet to Community Impact Programs, Attn: Foster Parent Trainer at:

*If licensed in Racine County:* 800 Goold Street, Racine, WI 53402

*If licensed in Kenosha County:* 2108-63<sup>rd</sup> Street, Kenosha, WI 53143

Date: \_\_\_\_\_

Foster Parent Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

### **Teenage Growth and Development Questions**

1. Why is it important to understand teenage development?
2. Why do teens often rebel against parental authority?
3. Teens can be moody, mostly caused by body changes. T or F
4. Why do teens need more privacy?
5. List some physical changes that occur in teens during puberty.
6. How do preteens and teens begin to demonstrate they are forming their identity?
7. It is helpful for your teen if you reassure them that their body is changing and most changes are normal. Encourage them to talk with you about their concerns about how their body is maturing. T or F
8. Give an example of letting your teen have increased privileges as a result of their having made good decisions about a rule.
9. What are the most important things you can do as a parent to help your teen develop self-confidence and self-esteem?