主題：調整親職策略：陪伴青少年健康成長

A. 內容撮要：

- **理解青少年轉變**：步入青春期的子女不論在行為、性格和心智上都會出現顯著變化，家長不能再沿用以往對待年幼子女的方式與他們相處。
- **調整溝通與相處**：家長需要因應子女的改變，重新調整陪伴時間、溝通方式與親子關係，多安排家庭活動以維持溫暖、良好的親子連結。
- **建立規範與安全**：在給予自由的同時，家長仍須設定明確的限制，例如制定健康的作息睡眠時間表，並引導子女安全且健康地使用互聯網。
- **留意情緒行為異樣**：家長需提高警覺，主動留意子女是否有極端的行為或情緒改變，例如睡眠習慣改變、社交退縮、不願出門或出現自殘等危險行為。

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B. 家長反思題：

1. 我是否已經根據他們現在的性格、行為和心智變化，做出了相應的親職策略調整？
2. 在給予子女成長所需的獨立空間與自由時，我是否有為他們設定好清晰且必要的安全界線？

影片連結：

https://www.youtube.com/watch?v=cf58keFqY1U

Topic: Adjusting Parenting Strategies: Accompanying Teenagers in Healthy Growth

A. Content Summary:

- **Understanding Teenage Transitions:** Children entering puberty undergo significant changes in behavior, personality, and mentality. Parents can no longer interact with them using the same methods they used when the children were younger.
- **Adjusting Communication and Interaction:** Parents need to readjust quality time, communication styles, and parent-child relationships in response to their children's changes. Arranging more family activities helps maintain a warm and strong family bond.
- **Establishing Boundaries and Safety:** While granting freedom, parents must still set clear limits, such as establishing healthy routines and sleep schedules, and guiding their children to use the internet safely and healthily.
- **Monitoring Behavioral and Emotional Changes:** Parents need to stay alert and proactively observe whether their children show extreme behavioral or emotional changes, such as altered sleep habits, social withdrawal, reluctance to go out, or dangerous behaviors like self-harm.

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B. Parent Reflection Questions:

1. Have I adjusted my parenting strategies accordingly based on my child's current personality, behavior, and mental changes?
2. While giving my children the independent space and freedom they need to grow, have I set clear and necessary safety boundaries for them?

Video link：

https://www.youtube.com/watch?v=cf58keFqY1U