

3 Myths About Your Teen's Bad Attitude

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Does this scenario feel familiar? Marisa is 12-and-a-half years old. She has become moody and irritable, wants much more private time alone in her room, but spends it all socializing with friends on social media. She has little time for the family. She will “agree” to eat dinner with her mother, father and younger brother but retreats to her room as soon as she finishes eating but before the meal is over.

She makes nasty comments for no apparent reason. What parents intend to be innocent questions are met with Marisa rolling her eyes, giving the parent the finger and walking away. On a regular basis, Marisa complains that her parents are too controlling and do not give her any freedom.