

Developing a sense of responsibility

Teenagers

Developing a sense of responsibility means:

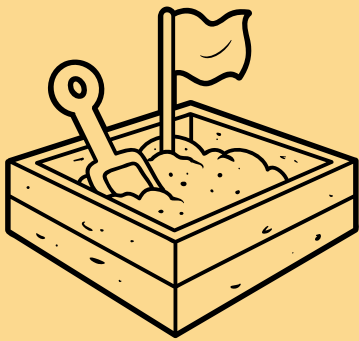
Being able to identify our own **strengths**, **needs**, and the **learning conditions** that work best for us.

It also means knowing whom to ask for help, what to ask for, and how to make use of the support measures that are in place.

Teenagers with ADHD often prefer not to try anything rather than risk failing because they lack confidence in their abilities. This is why young people with ADHD need the support of an adult to learn how to take responsibility



Structure



A clear and structured living environment is essential during adolescence to provide reassurance and help teenagers develop responsibility.

This includes structure, routines, limits, rules, and household tasks.

It is also important to give the adolescent personal space, respecting their privacy and need for a ‘bubble,’ such as allowing them to spend time alone in their room to talk with friends, listen to music, and so on.

Young people who learn to be autonomous early become more independent.

It is essential to allow them to make decisions and handle certain tasks on their own.

Rather than imposing methods, suggest strategies and encourage them to make their own choices—whether about friends, clothing, or work—while providing a safety net if needed.

Decision-making



Autonomy

Here are some tips to help teenagers become more autonomous:

- Let them do things: Give them tasks to accomplish while gradually providing guidance.
- Avoid overprotecting: Allow them to face the consequences of their actions in order to learn.
- Encourage communication: Help them develop communication skills to build confidence.
- Provide tools: Offer solutions without doing things for them, so they learn to solve their own problems.”

Giving responsibilities to young people supports their self-image. It is essential to highlight their strengths, acknowledge their actions, and encourage their efforts to boost their self-esteem.

Give them time to try to solve their problems on their own before stepping in.

Foster self-esteem

Confront him/her with reality

Here are some tips to promote autonomy:

- Face reality with them, avoiding the role of a personal assistant.
- Ask for their opinion and let them make decisions, such as managing their own appointments.
- Assign responsibilities at home and encourage them to work.
- Listen to them and treat them as a future responsible adult.
- Help them become aware of the consequences of their actions, such as speaking to their teacher about a missed assignment.”

WORK STEP BY STEP

Don't skip steps with adolescents with ADHD, who generally mature more slowly.

Give them autonomy gradually by setting clear goals.

Break a goal into steps and move on to the next level once the teenager has demonstrated his ability to take responsibility.

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For more tips and advice on supporting people with ADHD, feel free to contact us!

Sources :
1.DE COSTER, Pascale. (2016). Apprivoiser le TDA/H à l'adolescence. TDA/H Belgique.