

A HANDOUT FOR YOUR CLIENT

Helping Teenage Boys Through Their Parents' Divorce

Teenage boys often appear less affected by divorce than they really are. Many become quieter instead of more emotional. Others disappear into sports, gaming, work, or friends.

A boy who stops showing that he cares has not necessarily stopped caring. Sometimes showing it has simply become harder.

- Remain predictable
- Avoid asking him to choose sides
- Avoid criticizing the other parent to him
- Continue showing interest even when he pulls away
- Remember that withdrawal is not always indifference

For some boys, withdrawal is a way of managing emotions they do not yet know how to express. The most important message a teenager can receive is: You don't have to carry this alone.

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