ADHD and Your Teens

Teens with ADHD experience executive functioning challenges and require more support and monitoring from parents than teens without ADHD.

Here are tips on parenting in areas that may be unique to adolescents

**Behavior Management**
- Be clear with your expectations
- Reward appropriate behavior
- Enforce consequences
- Seek help from a professional when it becomes too difficult

**Boost Your Teen’s Confidence**
- Emphasize your love and support
- Communicate that you are there to help
- Help your teen identify their strengths
- Find opportunities for your teen to experience success
- Assure your teen of becoming successful

**Medication Management**
If your teen wants a medication break, consider a trial period under doctor supervision. During this period:
- Specify goals
- Develop a plan to achieve those goals
- Specify indicators to resume medication such as declining grades or conflict increases at home and with peers
- Set a date and time to evaluate progress

**Medication Diversion**
- Inform that it is illegal and could have serious legal consequences
- Teach that ADHD medications are safe and effective when taken as directed, but can be dangerous if used without medical supervision
- Talk about peer pressure to prepare an appropriate response if asked to divert medications

**Driving**
- Teach safe driving habits such as using a seat belt, observing the speed limit and other rules of the road, not texting or eating while driving, and restricting the number of passengers in the car
- Consider prescribed stimulant medication to improve driving

For more information, read ADHD and Teens: Information for Parents from CHADD’s NRC. This infographic is supported by the Cooperative Agreement Number NU38DD00537 from the U.S. Centers for Disease Control and Prevention (CDC). The contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.