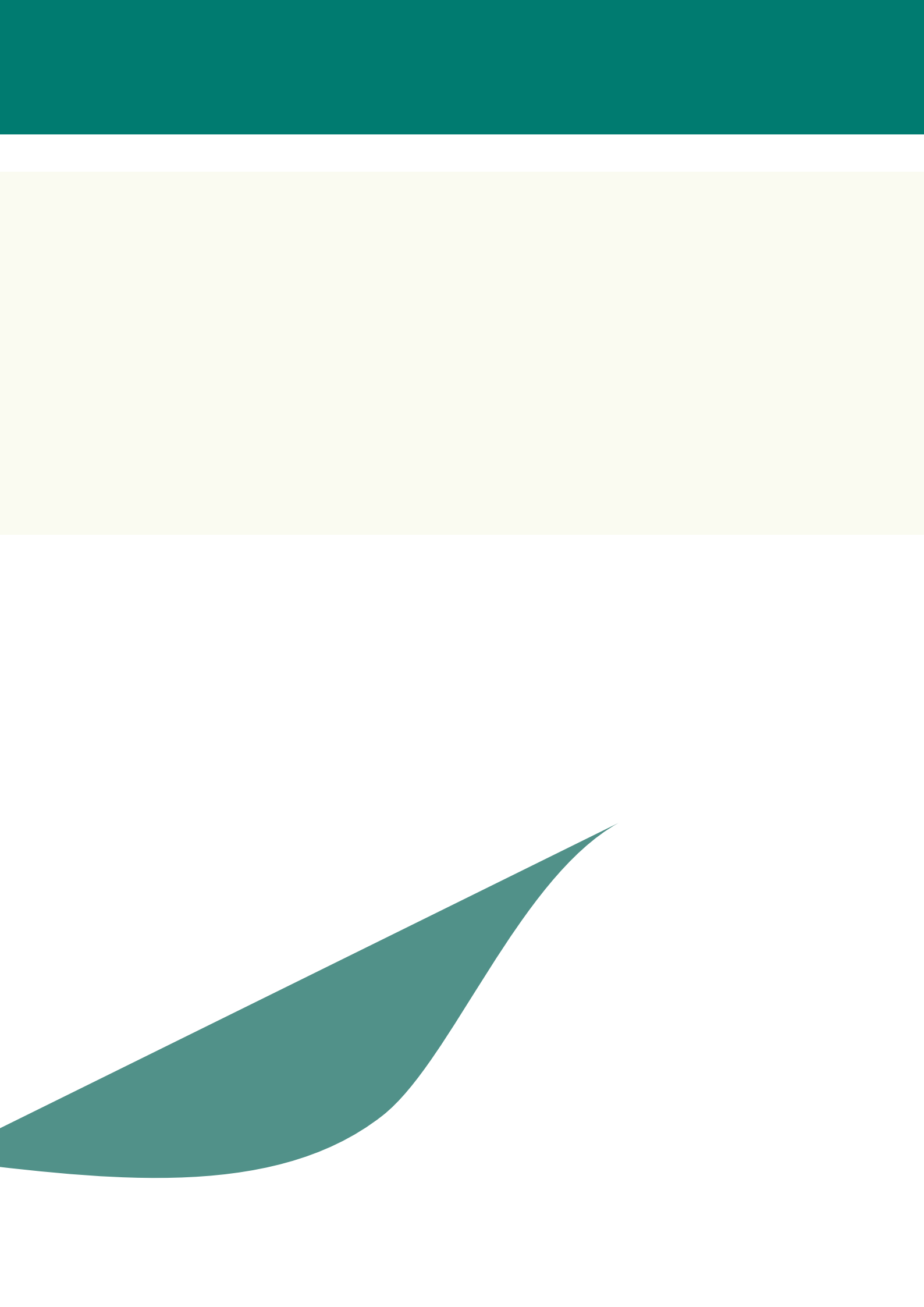


A parents and carers guide for:

Happy healthy holidays for teenagers





Behaviours To Watch For

If you start to notice changes in your teenager's behaviour, seek help or guidance from your school nursing service, even in the holidays.

- ongoing mood swinging
- withdrawal from social situations
- not wanting to do things they usually like
- self-harm or neglecting themselves (e.g. eating, personal hygiene)



