



## **Silence is golden.**

## **‘Alone time’ is important to teens.**

Sometimes young people need to have solitude and a quiet environment in which to grow.

A teenager’s wish to be alone sometimes is part of normal adolescent growth and development,

‘Alone time’ is constructive. Here is why:

- allows teens to sort through their feelings at their leisure.
- Allows them a space to withdraw, reflect, and look inwards to understand themselves better.
- Allows them to be alone with their thoughts and feelings to help them develop their identity.
- Allows them to regulate their mood and adjust their behavior by challenging negative emotions.
- parents should still observe their teens for signs of uncharacteristic withdrawal, isolation, and depression, and support them.