



# Flagging the Screenager: Guiding Your Child Through Adolescence and Young Adulthood

*Harry Barry, Enda Murphy*

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Are you floundering as you try and guide your teenager through adolescence? Are we truly hearing what young people are saying to us, as parents? Why are so many adolescents in emotional distress, and are we addressing their pain? Are there special skills that both you and your adolescent could develop for this screen-dominated world? Our understanding of the developing brain can help us on this journey. In Flagging the Screenager, Harry Barry and Enda Murphy - two of Ireland's leading experts on mental health - outline the challenges faced by young people in today's fast-paced, technology-saturated world, and provide advice on dealing with these challenges. Discussing everything from low mood and depression to peer pressure and cyber-bullying, Flagging the Screenager answers questions and addresses what parents, teachers, therapists and professionals in the field can do to help stabilise young people's mental health throughout the journey from adolescence to adulthood.



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