**When to Leave Your Teen Alone**

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Raising teenagers can be a terrifying experience. Often there are no easy answers, and every parent has a different struggle with their teen. However, every teen is going through the same changes. This is the time when they begin their transition into adulthood. They are striving to discover who they are, independently of their families, and who they want to be. As this happens, teens look for [more space](https://childdevelopmentinfo.com/uncategorized/the-pros-and-cons-of-giving-a-mobile-phone-to-a-teenager/) to work through the changes. They need to dissociate from their parents in order to do this.

While it is difficult for parents to leave their teen alone, it can sometimes be necessary. For a parent to watch their child struggle is one of the harder experiences they have to face but teens need to work things out for themselves. They have had their parents holding their hands throughout their childhood but eventually they need to learn to be their own person.

There are times when it isn’t appropriate to give a [teenager space](https://childdevelopmentinfo.com/development/give-teenager-food-independence/). Parents need to maintain boundaries for safe behaviors. Teens still need discipline, proof that their parents care and are looking out for them. Teens often have a sense of indestructibility that can lead to risky behaviors, especially with the internet as a tool.