

FAMILY PLANNING TOOL

Teen Guide

A gentle teen-facing guide about routines, trusted adults, school support, feelings, and not being responsible for adult conflict.

You may be here because Adult stress is affecting routines, school, feelings, or safety, and a young person needs safe support without being asked to choose sides.	This guide helps you A gentle teen-facing guide about routines, trusted adults, school support, feelings, and not being responsible for adult conflict.
First safe step Name one trusted adult and one routine that helps you feel safer or steadier today.	This is not This does not ask young people to solve adult problems, document adult behavior, carry messages, pick sides, or keep unsafe secrets.

Safety first: Immediate danger belongs with 911. Call or text 988 for crisis support. Maine Crisis Line: 1-888-568-1112. If abuse, coercive control, stalking, or fear may be present, use a safe device and trusted support before joint communication, counseling, or mediation.

Current online version and related tools
<https://focaf.jtforme.com/resources/>



You are not responsible for adult conflict

This guide is about support, routines, trusted adults, and safety. It is not asking you to take sides.

- Find a safe adult if you feel unsafe or overwhelmed.
- Use routines for sleep, school, meals, activities, and support.
- Remember that paperwork, court issues, and adult conflict are adult responsibilities.
- Use crisis or emergency help right away if safety is at risk.

Child-centered note for Teen Guide: Save only what helps with safety, stability, school, health, routines, support, or the next clear step.

Trusted adult map

Write this down privately or with a safe helper.

Safe adult at school	
Safe adult in family/community	
Counselor or support person	
What helps me calm down	
What I should do if I feel unsafe	

Child-centered note for Teen Guide: Save only what helps with safety, stability, school, health, routines, support, or the next clear step.

Routine steadiness page

Small routines can help when adult situations feel stressful.

Area	What helps	Who can help
Sleep		
Meals		
School		
Activities		
Feelings/stress		

Child-centered note for Teen Guide: Save only what helps with safety, stability, school, health, routines, support, or the next clear step.

Keep personal details private

Use these pages for your own planning. Share sensitive details only with trusted helpers, qualified professionals, official agencies, legal counsel, or emergency/crisis support when needed.

- Do not put child names, medical records, sealed records, confidential court materials, or private allegations into broad emails, social media, or untrusted forms.
- Store sensitive documents somewhere safe.
- Ask a qualified professional or official office when safety, health, legal process, or deadlines are involved.
- Use general review notes only for wording, policy, process, safety, clarity, and implementation suggestions.

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Before you stop

Pick one next step that is safe, realistic, and helpful.

One thing I can do today	
One support door to check	
One document or note to organize	
One person or provider to update	
One thing to leave for later	

Child-centered note for Teen Guide: Save only what helps with safety, stability, school, health, routines, support, or the next clear step.