



A VERY BASIC CATEGORIZATION OF PODCAST EPISODES THROUGH EPISODE 169

You can go to the main podcast page at <https://speakingofteens.com/podcast> and scroll down the page to find all numbered episodes.

Just above the first 4 episodes is a button directing you to the "[Bonus Episodes](#)." This is where you'll find all episodes that are listed below *by date*. There are only 19 of these dated "bonus" episodes in total, and all are on the one page in order by date.

- **FOUNDATIONAL INFORMATION** – These episodes will help you if you're just baffled by teenage behavior in general and trying to get a grip on it all. This series covers why your teens act the way they do (why they have an "attitude", are "disrespectful", emotional, moody, easy to anger, are prone to try risky things), why they don't seem to like you anymore, what to do about discipline, consequences, lying, mistakes parents make, why your behavior counts if you want to change their behavior. *Listen to these no matter which other ones you listen to afterwards.*

The series: 130, 131, 132, 133, 134, 135 136 and 137

You can also listen to these for even more in-depth information: 1, 3, 4, 6, 8, 15, 16, 22, 26, 30, 39, 57, 78, 81

[Bonus episodes](#): 7-21-23; 7-28-23; 8-11-23; 8-25-23; 9-1-23

Connection series ("extra credit!") 104, 106, 108, 110

- ADHD/ANGER/RAGES - If you're teen has been diagnosed ADHD (or your teen is angry a lot, has a lot of emotional "meltdowns", seems irritable *all* the time, frustration sends them off the deep end, doesn't do homework as they should and has *not* been diagnosed ADHD.) *Be sure to listen to the Basic episodes above, as well.*

1, 7, 10, 13, 27, 29, 35, 41, 77, 149

[Bonus episodes](#): 6-30-23; 7-7-23; 9-8-23

- SUBSTANCE USE AND OTHER RISKY BEHAVIORS - If your teen is using substances (drinking, using marijuana, sneaking out, partying, coming home late, lots of arguing, power struggles, etc.) *Be sure to listen to the Basic episodes above, as well.*

All of those listed under "Basic Teen Behaviors" but specifically: 7, 10, 11, 12, 21, 39, 42, 43, 57, 60, 75, 76, 79, 84, 90, 122, 126

Vaping series: 109, 111, 113, 114

[Bonus episodes](#): 9-22-23; 9-29-23

- GIRLS (SOME APPLY TO BOYS TOO, OF COURSE) - These episodes will be of specific interest to parents of girls. *Be sure to listen to the Basic episodes above, as well.*

17, 23, 24, 25, 47, 69, 73, 74

- SCREEN-RELATED - episodes related to social media, phones, risky online behavior, sexting, cyberbullying, gaming, etc. *Be sure to listen to the Basic episodes above, as well.*

32, 33, 34, 45, 49, 50, 54, 55, 61, 69, 83, 84, 129, 144

- MENTAL HEALTH – episodes related to anxiety, depression, getting diagnosis, treatment, etc. *Be sure to listen to the Basic episodes above, as well.*

2, 7, 9, 10, 13, 19, 27, 28, 29, 35, 51, 53, 66, 70, 71, 72, 73, 79, 121

- SEX-RELATED – episodes related to sexting, sextortion, revenge porn, online porn, overnights with partners, etc. *Be sure to listen to the Basic episodes above, as well.*

17, 24, 25, 32, 33, 67, 74, 76, 82, 83, 84, 129

- SCHOOL RELATED – the pressure kids feel regarding school, homework, school refusal, college and career, grades, motivation, etc. *Be sure to listen to the Basic episodes above, as well.*

2, 9, 14, 16, 44, 59, 69, 70, 71, 77, 101, 116, 119, 145

- DISCIPLINE – anything related to what to do and what not to do (all about punishment, control, consequences, teaching and guiding, etc.) *Be sure to listen to the Basic episodes above, as well.*

1, 10, 14, 15, 16, 22, 26, 57, 78, 81, 84, 103, 117, 124, 125, 148

- YOUR THOUGHTS, EMOTIONS AND BEHAVIOR – anything related to how you think, feel and act, which is crucial to your parenting. *Be sure to listen to the Basic episodes above, as well.*

1, 8, 27, 30, 48, 65, 72, 77, 78, 81, 85, 95, 99, 100, 102, 103, 107, 115, 120, 127, 151, 153, 155, 157

- COMMON SPECIFIC ISSUES

Attitude and Disrespect 117, 124

Bullying 119

Emotion Coaching 6, 78, 95

Lying 39

Cutting 87

Motivation 93

Mindfulness 96

Stepping back 91

Sneaking out 76

School Refusal 70-71

Spending the night 82

Online Porn 83

Don't approve of boyfriend/girlfriend 74

Screen time 61

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No one talks about their teen troubles 92

Co-parenting after divorce 5

Spouse parents differently 161

Allowance 20

Popularity/Mean Girls, etc. 23

Sexting 32-33

Gaming 45

Privacy and Monitoring 84