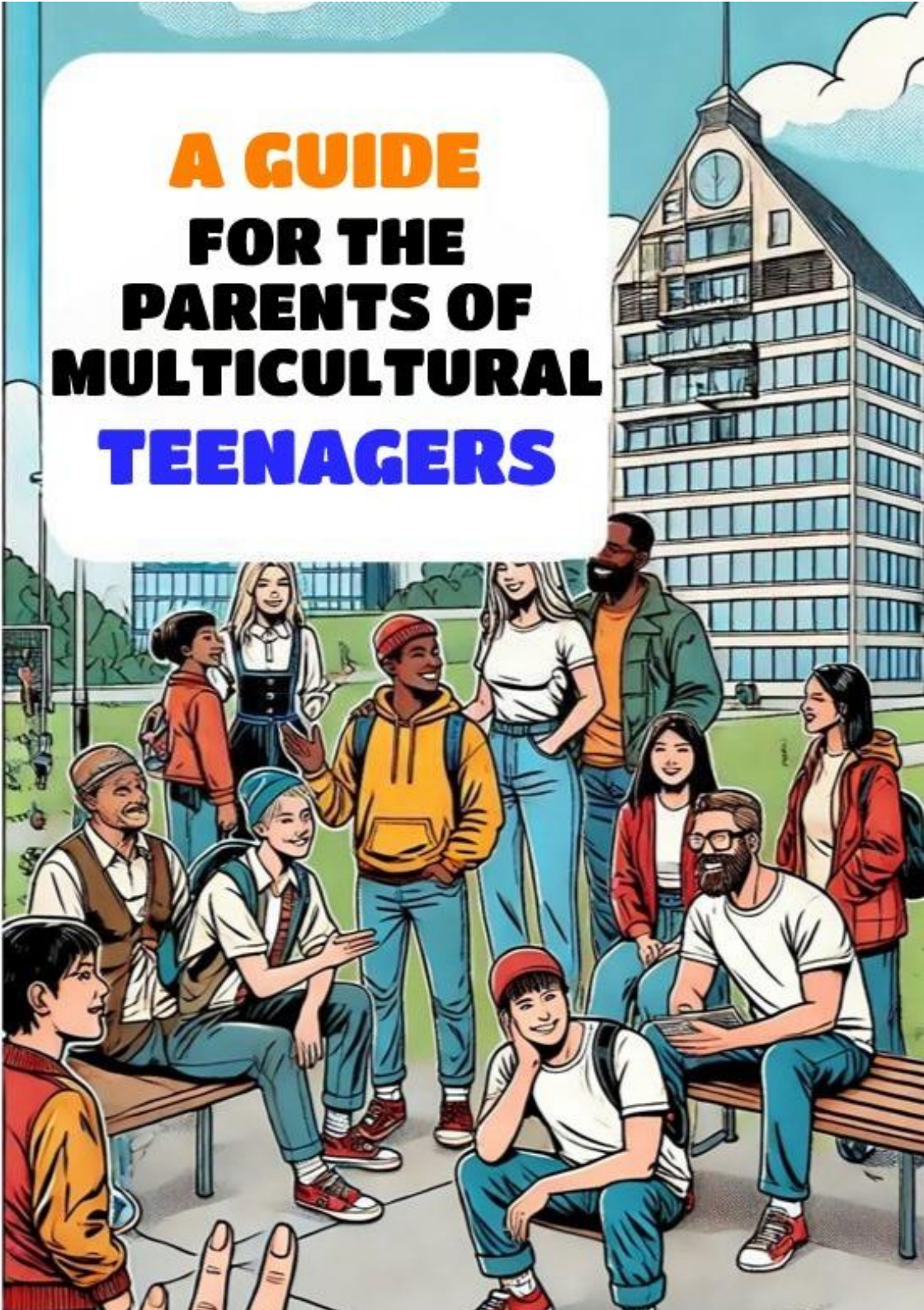


A GUIDE **FOR THE** **PARENTS OF** **MULTICULTURAL** **TEENAGERS**





For the reader

This guide was written for you, if you have moved to Finland and are raising a **teenager*** here. Raising an adolescent can be challenging for any parent, but adapting to a new country and its culture creates a whole new set of challenges. This guide was designed to support you as a parent, and help you understand both the development of your teenage child and the ways in which the Finnish society operates.

*a child between the ages of 13 to 19 years (also: adolescent, youth, young person)

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1. Integrating and adapting

The phases of integration

Moving to a new country is a huge life change for the whole family. Integration, or settling into a new society, is a process that takes time - often multiple years. During this time both the parents and the children are going to go through different phases.

In the beginning when you first arrive, everything is going to be new. Foreign home, environment, language and culture. It is common for all the family members to experience confusion, loneliness or even fear. Worrying about your family and friends back home can also weigh on you. These feelings are a natural part of the adaptation process, and there is no need to feel ashamed of them.

Over time, you move on to the encountering phase. During this stage you begin to compare the new culture with the old one more actively. Family members might notice differences in e.g. ways of upbringing, values and practices. Gradually the new ways become more familiar, even if they might not feel like your own.

A healthy balance is gradually found between the old and new culture during the adjustment phase. During this stage you understand that you can maintain important aspects of your own culture while adopting new ways of doing things. Each family member moves at their own pace during this process - often the younger members move even faster than the older ones.

Supporting the integration process of a teenager

As a parent, you can support the integration process of your teenager in multiple ways. Learning the Finnish language is one of the most important things, as it gives you the opportunity to study, find friendships and participate in hobbies. Encourage

your adolescent to use Finnish in everyday tasks and situations even though their language skills might still be inadequate.

It is also important, that the youth get to practice their first language as well. Strong skills in your first language support the acquisition of other languages and help you to stay connected to your roots. You can try to speak more of your first language and foster you family's cultural traditions at home.

Hobbies are an excellent way to get to know Finnish teenagers and culture. Encourage your child to find a hobby they enjoy - it could be sports, music, arts or some other interesting activity. Teenagers can experience success and new friendships through hobbies.

Peer support is valuable both to the adolescents and their parents. Many organisations and youth centres organise activities where people can meet others community members in the same situations as them. In these groups you can share your experiences and get practical tips for your everyday life.

Remember to give positive feedback, when the teenager makes progress. Even the small successes are important.



Be patient as everyone progresses at their own pace. If you notice that your child has particular difficulties in adjusting, do not hesitate to seek help. School staff, youth workers and many other professionals are there to help you.

2. Youth development and well-being

Puberty during changes

Puberty is a significant developmental stage, usually beginning between the ages of 12 and 15. During this time the teenager goes through many changes: your body changes, emotions can vary dramatically and thinking patterns start to develop. Teens begin to explore their own identities and gradually separate themselves from their parents. All of this is part of natural development, although it may be challenging for the parents. During puberty the teenager's brain develops rapidly. This development continues until around the age of 25. The brain's immaturity can be seen in e.g. the fact that it may be difficult for adolescents to control their own emotions or consider the consequences of their actions. The teen still needs parental support and guidance even though they might not always admit it.

The basics of everyday life are important

A regular daily rhythm is the basis of the teenager's well-being. Adolescents need up to 8-10 hours of sleep every night. Adequate sleep helps them stay on track at school, supports learning and keeps the mind alert. It is the parents' duty to make sure that their children go to bed on time, including the weekends.

Maintaining a healthy diet is important for growing young people. During the day you should eat 4 to 5 meals at regular intervals. Complimentary lunch is provided at school, and it is important that the child eats it. At home, it would be a good idea to eat together whenever possible: this supports family bonding and a regular meal rhythm.

Exercise is essential for the developing teens. It strengthens the bones, muscles and supports brain function. There are multiple ways to exercise adequately: walking, cycling, swimming, playing ball games or dancing are some examples of good options. The most important thing is to find a form of exercise that is enjoyable for your child.

Screen time and rest

Smartphones, computers and gaming are big parts of young peoples' lives. They can be useful tools in learning and socialising, but too much screen time can interfere sleep and concentration. Work together with your teen to agree on clear rules for screen time. A good basic rule is that screen time should not exceed four hours a day, and no screen time during the last few hours preceding bedtime.

Tips for a good night's sleep:

- Calm down during the evening: reduce lights and noise
- Eat a light evening snack
- Avoid caffeinated drinks in the evening
- Leave your phone in another room for the night
- Keep the bedroom cool and dark

Supporting mental health

Adolescence can be an emotionally stressful time, especially when combined with adjusting to a new country. It is important that the teenager gets to talk about their feelings and worries. Listen genuinely and show that you care, even if you do not always understand their point of view.

Murrosikä voi olla henkisesti kuormittavaa aikaa, erityisesti kun siihen yhdistyy uuteen maahan sopeutuminen. On tärkeää, että nuori saa puhua tunteistaan ja huolistaan. Kuuntele nuorta aidosti ja osoita, että välität, vaikka et aina ymmärtäisikään hänen näkökulmaansa.

Alarming signs to watch out for:

- Continuous melancholy and withdrawing from social relationships
- Significant changes in eating or sleeping
- Suddenly decreasing performance or grades in school
- Aggressive behaviour

If you notice any of these signs, discuss them with your child and contact the school nurse or other professionals is necessary.

Seeking help is not shameful, but a sign of responsible parenting

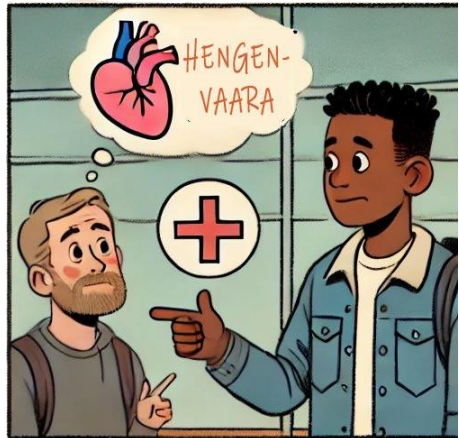
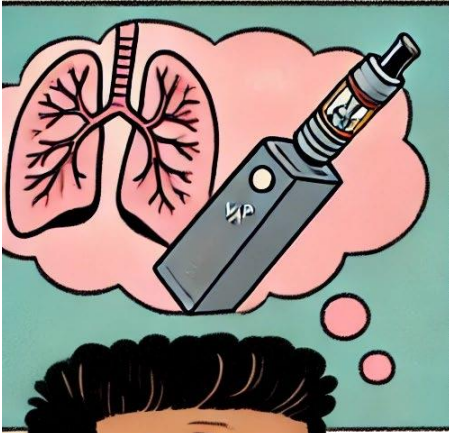


!مو معقول

Yok artik!!

Na wa oo ...
E bi like film!

Vaping



Vaping, or the use of electronic cigarettes, can affect young people's health in many ways. The vapours contain chemicals that can irritate the lungs and airways, causing coughing and breathing problems. Nicotine, which many vapes contain, is a highly addictive substance that can impair brain development in youth and increase the risk of heart diseases. Studies have also shown that vaping can expose you to serious infections and reduce the effectiveness of antibiotics. It is important to be aware of these risks and make healthy choices.

3. Going to school in Finland

The Finnish school system

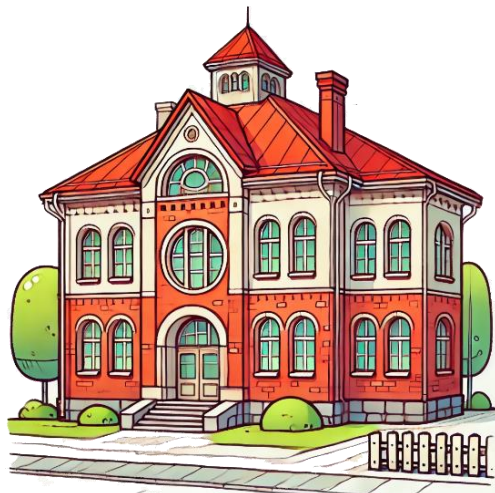
In Finland, every child has the right and the duty to go to school. Basic education is free of charge and includes textbooks, school lunches and health care. Compulsory education continues until the young person turns 18 or completes a secondary education (upper secondary school/matriculation examination or vocational qualification).

In upper comprehensive school (the Finnish grades 7-9) studying becomes more demanding and teenagers are expected to be more independent. The number of subjects increases, and each subject has its own teacher. The teen needs to learn to manage their homework and schedules more independently.

School's support services

There are many professionals working in the school to help the adolescent and their family. A student counsellor, or “opo” (student counsellor=opinto-ohjaaja), helps you plan your studies and make choices for your future. The school counsellor (koulukuraattori, the school's social worker) provides support if the teen has difficulties with either social relationships or school. The school nurse monitors health and development. A school psychologist provides help if there are difficulties in learning or mental health concerns.

If the adolescent has learning difficulties, the school will arrange extra lessons and



other support. This is free extracurricular tutoring. For pupils who have only recently moved to Finland, there is also preparatory teaching available (valmistava opetus=“valmo” or “valo”) with special focus on learning the Finnish language and school system.

Cooperation between home and school

In Finland, schools and homes work closely together. “Wilma” is an electronic system through which the teachers and parents communicate. In Wilma you can see the student’s schedule, tests, absences and other important information. If you do not know how to use Wilma, ask your school for guidance (esp. school secretary). Parent’s evenings and parent-teacher meetings are an important way of to find out about how the school operates and your child’s studies. You should attend these events even if your Finnish is not adequate: oftentimes the school can arrange you an interpreter if you ask for one in advance.

Absences and being late

If your child falls ill, report their absence first thing in the morning via Wilma or by calling the school. Other absences, such as doctors’ appointments, should be notified in advance through Wilma. Holidays are strongly recommended to coincide with school holidays, as there are long holidays in Finland. If for some reason you need to request leave during the school year, you must request it with a written form through Wilma in advance. Punctuality is important in Finland. Being late is not considered a good thing, and repeatedly being late can affect the child’s school performance. Help your teenager to plan their morning schedule so that they can get to school on time.

Homework and supporting learning

As a parent, you can support your child’s schoolwork even if you do not know the subjects yourself. The most important things are:

- Showing interest towards their schoolwork and education
- Arranging a quiet place and time for them to do their homework
- Encouraging and praising for trying
- Keeping in touch with the teachers
- Ensuring they get enough sleep and have a regular daily rhythm

If you notice that your teen is having difficulties in school or learning problems, contact their homeroom teacher or other school staff immediately. Help is available, but to receive it you should report the problems to the staff.

Remember, that there are multiple reasons a child might have challenges in school. Traumatic experiences, stress and difficulties in adjusting or integrating can make learning more difficult. The most important thing is that the teenager gets the support and encouragement they need both at home and in school.

Safety and boundaries with teenagers

Setting boundaries

Setting boundaries is a part of parenting in all cultures. Boundaries give the teenager a sense of security even though they may rebel against them. In Finland there are also certain laws and practices that define the basic rules for adolescents' activities.

It is important to discuss the rules with the teenager and justify them. Mutually agreed rules could include, for example:

- Curfew
- Bedtime
- Doing the homework
- Use of screen time
- Chores
- Recreational activities and friendships

Drugs and addiction

In Finland there is a clear, strict age limit for intoxicating substances. No one under the age of 18 may:

- Buy or use tobacco products or electronic cigarettes
- Buy or use alcohol
- Gamble

Discuss substance use openly with your teenager. Provide facts about the dangers of substance abuse and addiction. Be interested in what is going on in the child's friend group. If you suspect your teen is using substances, discuss the matter calmly with them and seek professional help if necessary.

The electronic cigarette, "vape", is of particular concern as many adolescents consider it harmless. In reality, it causes serious health

problems and a nicotine addiction. Tell your child that using e-cigarettes or "vaping" is just as illegal as smoking regular cigarettes.

Digital security

In modern society the lives of the teenagers are strongly connected to the digital world. Smartphones and the internet are important tools in studying and social life, but they also come with their risks. Discuss with your teenager about:

- Protecting their personal data/information
- Appropriate and inappropriate online content
- Cyberbullying and its consequences
- Screen time limitations

Mutually agree on ground rules for using devices:

- Maximum daily screen time
- When to not use your phone (when eating, doing homework or going to bed)
- Which applications, or "apps", are allowed
- Who you can chat with online



Bullying and violence

Bullying can happen both in school and during your free time. It can be:

- Physical (hitting, pushing)
- Verbal (calling names, mocking)
- Social (excluding from a group)
- Cyberbullying (mean messages, spreading images)

If your child is being bullied:

- Listen and take it seriously, do not belittle
- Report bullying to school and seek professional help
- Document the events (save any messages or images regarding the incident)
- File a criminal complaint if necessary



Violence has nothing to do with raising a child

The Finnish law prohibits all acts of violence against children, including corporal punishment. This means that:

- Hitting and pulling hair is prohibited
- Threatening and intimidating is psychological violence
- Humiliation and name-calling are damaging for the adolescent's development

If there is violence or a threat of violence in your family, seek help. Help is provided by:

- Child Protective Services (CPS)
- Family counselling
- Shelters
- Crisis helplines

When to be concerned?

Pay attention to these signs:

- Sudden behavioural changes
- Withdrawal from social relationships
- Repeated absences from school
- Aggressive behaviour
- Signs of depression
- Substance use



If you are worried, discuss with your child first. If the situation does not improve, contact the school staff or health care services. Seeking help is not a sign of failure but of responsible parenting and it can be a crucial step in securing the well-being of your child and dealing with their problems. Cooperating with professionals can help you find the necessary tools and support the entire family in improving the situatio



Needs of a healthy young adolescent



Well-being consists of many elements, that support the teen's physical, mental and social development.

Healthy food: A nutritious diet helps maintain energy and health.

Getting enough sleep: A good night's sleep supports growth, brain development and having energy.

Reasonable screentime: A good balance between time spent on-screen and off-screen promotes well-being.

Yhteiset pelisäännöt: Mutually agreed family rules promote consistency and understanding.

Privacy: Every adolescent needs their own space and has a right to privacy.

Exercise: Being active and doing something you enjoy develops both the mind and the body.

Routines: Consistency in everyday life brings security and makes time management easier.

Recovery: Adequate amounts of rest and relaxation help the child to recover from stress.

4. Developing sexuality as a part of adolescence

During puberty, an adolescents' sexuality begins to develop. This is a natural part of growth and development. The teen needs proper information and support to understand the changes that are happening in their body and mind. As a parent you do not need to know everything, but it is important to be open for discussion.

Sex education in Finland

In Finland sex education is a part of school education. Its aims are to:

- Provide information on the stages of development
- Teach you to respect your own body and others' bodies
- Tell you about your rights and responsibilities
- Prevent sexual harassment and violence
- Teach about healthy sexuality

Sometimes the sex education in school might feel at odds with the values of your own culture. Discuss these issues openly with your teenager and explain your own cultural perspective also. Young people learn best when they get information from both home and school.



Adolescent's rights and safety

The Finnish law protects the sexual development of young people:

- Sexual intercourse with a person under the age of 16 is a criminal offense
- Young people have the right to control their own bodies
- Sexual harassment is prohibited
- Pressuring to engage in a asexual activity is prohibited

If your child experiences harassment or bullying, they should be able to talk about it with a safe adult. Tell your child that they can always come and talk to either you or the school nurse.

Dating and relationships

Attitudes towards teenagers dating can vary between different cultures. In Finland it is very common for teenagers to become interested in dating once they reach puberty. It is important to:

- Discuss emotions and relationships
- Teach respectful behaviour
- Agree on mutual rules
- Give the teenager enough privacy
- Support the teenager's self-esteem

Sexual orientation and gender diversity

Every adolescent is valuable in their own right. Sometimes a teenager may find that they differ from other kids in terms of sexual orientation and gender identity. This can be challenging for both the teenagers and their parents, especially if your own culture views these matters negatively.

Remember, that:

- Teenagers need acceptance and support
- Sexual orientation is not a choice
- The experience of gender in individual

- Discrimination is prohibited in Finland
- Professional help is available to both the children and their parents



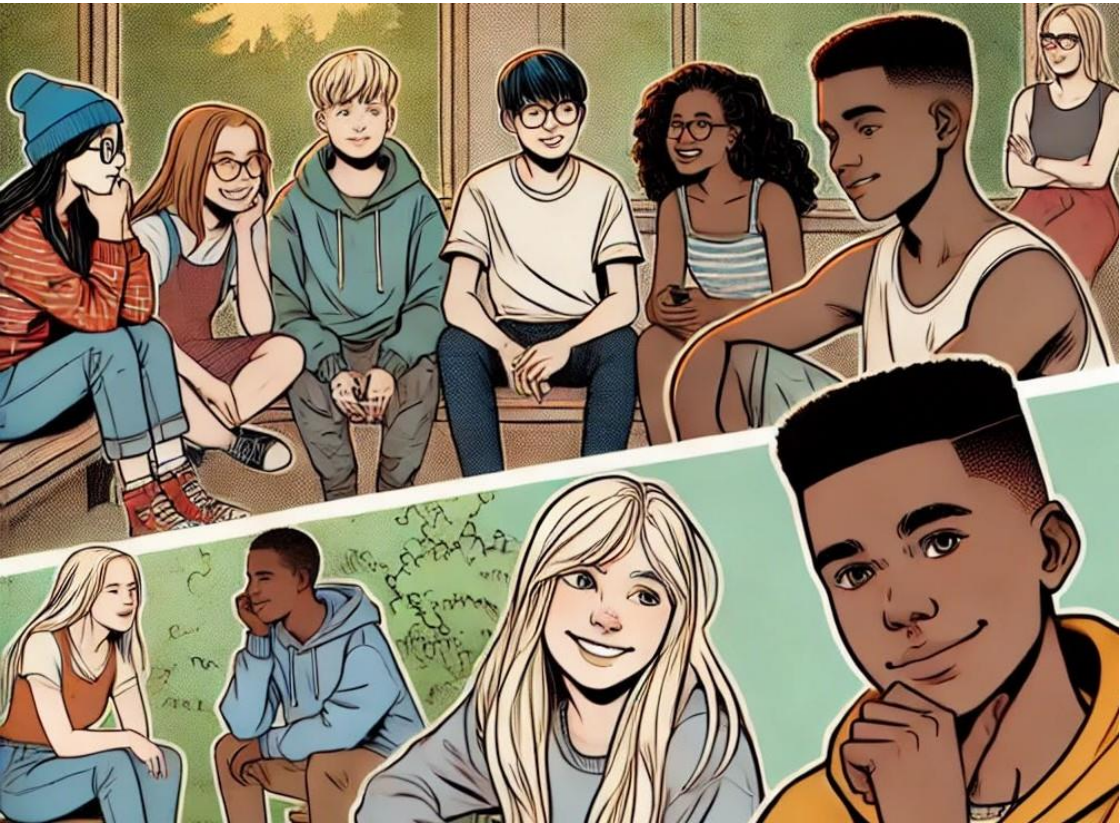
Your role as a parent

As a parent you can support your teen's healthy sexual development by:

- Being available when they want to talk
- Providing age-appropriate information
- Respecting their privacy
- Teaching safety and boundaries
- Setting an example of a respectful relationship
- Seeking professional help if needed

If you find it difficult to discuss sexuality, you can:

- Give the teen reliable written materials
- Refer them to a school nurse
- Seek information and support
- Talk to other parents

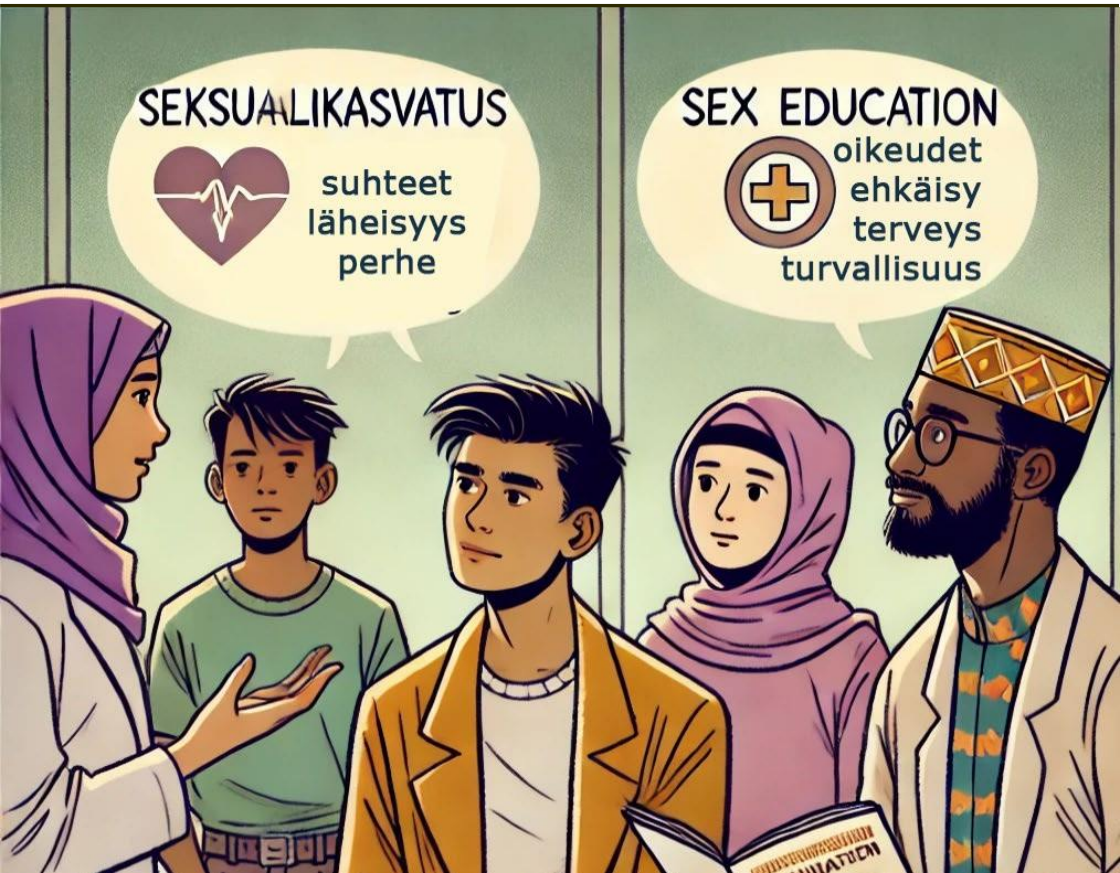


Where to get help and support?

Help and support for sex education is provided by:

- School health care
- Family counselling
- Doctors specialised in adolescents
- Väestöliitto
- From Seta ry
- Tyttöjen Talo and Poikien Talo

Remember that asking questions and seeking help is responsible parenting. Every parent thinks about these things, and you are not alone with your questions.



5. Parental well-being and resources

Challenges of parenthood

Being a parent is not always easy, and bringing children up in a new country brings additional challenges. It is very common to feel tired, uncertain and worried. Cultural differences can cause conflict in the family, when the younger family members adopt the ways of the new country faster than their parents. The parents' well-being is reflected in the whole family unit. It is therefore also important to take care of your own well-being and energy as well. **Feeling tired or needing help does not make you a bad parent.**

Educating in partnership

The Finnish society thinks that raising a child is all about cooperation. Parents are the main educators of their children, but help and support is available from many resources:

- School and teachers
- Health care services
- Social services
- Churches and religious groups
- Organizations and associations

Interpreting services

Regarding official matters, you have the right to an interpreter. An interpreter is a neutral professional, who is under professional confidentiality. It is important that you:

- Do not use your child as an interpreter in official matters
- Ask for an interpreter well in advance if you need one
- Tell the service provider what language is your strongest on, and
- Always use a professional interpreter instead of a friend or a family member

CPS as family support services

In Finland, the Child Protective Services are primarily a support service for the family. Its purposes are to:

- Help families through difficult situations
- Support parenthood
- Ensure the child's development and well-being
- Offer help before the problems grow bigger
- Provide family work at home
- Provide support people
- Help with financial support
- Offer family counselling
- Offer crisis support



Where to get help?

When in crisis, call:

- Emergency response centre **112**
- MIELI crisis helplines (Finnish, Swedish and English)
- Shelters
- Social- and crisis emergency services

Health issues:

- Local health centre
- School health care
- Mental health services
- Substance abuse services

For support in education:

- Family counselling
- Youth services
- Student welfare service
- Organizations



Peer support and communality

Meeting families who are in the same situation as you can be empowering. Peer support is provided by:

- Parents' groups
- Multicultural organisations
- Hobby groups
- Religious communities
- Neighbourhoods and local communities

Parents' relationship

A good relationship is an important asset for the family. Take care of your relationship by:

- Discussing regularly
- Doing things together
- Agree mutually on your style of parenting
- Respect each other
- Get help in time, if you experience any problems

If you are divorced, it is important to:

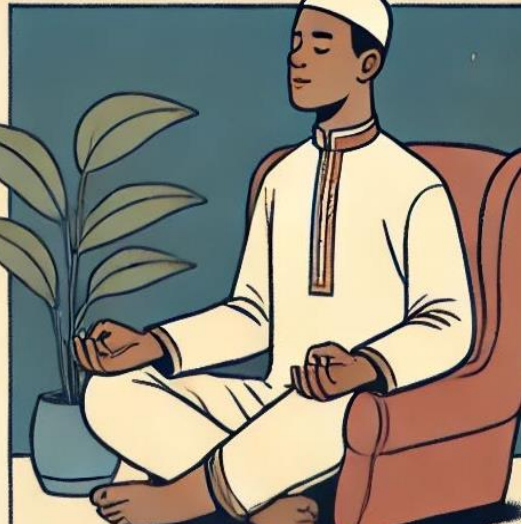
- Keep your children out of arguments
- Talk to each other with respect
- Set clear ground rules
- Make sure your children can keep in touch with both of their parents



Remember to take care of yourself

Your own well-being is important:

- Get enough rest
- Keep in touch with your friends
- Do something that you really enjoy
- Learn Finnish
- Meet new people
- Preserve your own traditions
- Ask for help when you need it



6. Glossary

School counsellor (FI:koulukuraattori)

A school counsellor is a professional social worker, whose job is to support and guide students through various challenges and problems related to school, development, growth and relationships. The school counsellor helps students and the school community to cope with a variety of challenging situations and supports cooperation between school and home.

Student counsellor (FI:opinto-ohjaaja, “opo”)

The student counsellor’s job is to provide guidance to their students. They advise students on different issues such as studies, course choices and future career choices. The student counsellor also helps students to decide where they want to apply to after primary school.

School nurse (FI:kouluterveydenhoitaja)

The school nurse is an expert on the health and well-being of students. The school nurse’s tasks include monitoring growth and development, carrying out health checks and providing advice on health-related issues.

Vaping (FI:vapettaminen)

Using an electronic cigarette: inhaling the vapours produced by the e-cigarette.

School psychologist (FI:koulupsykologi)

A school psychologist e.g. supports students with learning or emotional difficulties. Through discussions and tests they will try to understand your child’s individual situation and find solutions to it.

Confidentiality (FI:salassapitovelvollisuus)

A law that forbids e.g. the teachers from sharing the students’ personal information to outsiders.

Compulsory education (FI:oppivelvollisuus)

A law that states that all children and teenagers must attend school until they reach the age of 18 or complete or completes a secondary education (upper secondary school/matriculation examination (FI:lukio/ylioppilaskokeet) or vocational qualification (FI:ammattitutkinto)).

TET

TET is an abbreviation for ”työelämään tutustuminen” which means introduction to work life. It is a period in school during which the students go to workplaces of their choice to practice working and important skills.

School lunch (FI:kouluruokailu)

The school provides free meals to all students during the school day. Please inform the kitchen staff or the school nurse if your child has any allergies or dietary restrictions.

Self-determination
(FI:itsemääräämisoikeus)

The right to make decisions about your own affairs. You get to choose whether you want to do something.

Recess or break (FI:välitunti)

A break during the school day during which the students can go outside, play or relax between the lessons.

Curriculum
(FI:opetusuunnitelma)

The national plan that tells you what you need to learn at school. The things stated in the curriculum must be covered during the lessons. It also defines what subjects are taught and what kind of skills and knowledge are important at each grade level. All schools are obliged to follow this.

Primary health care
(FI:perusterveydenhuolto)

Services that guarantee everyone access to a doctor and health care advice at low cost.

Extra lessons/tutoring (FI:tukiopetus)

Extra lessons organised by your child's teachers. The student is eligible if they are having difficulty learning a particular subject.

Preparatory teaching (FI:valmistava opetus, "valmo" or "valo")

Preparatory period of teaching that ensures all students with an immigrant background learn some Finnish and get to know the Finnish school system before the move on to a regular classroom.

Liability to payment of compensation
(FI:korvausvelvollisuus)

The obligation to pay compensation if you damage someone else's property or cause any other costs.



7. Lasten oikeuksien sopimus

1. A child is any person under the age of 18.
2. All children have all these rights. No child should be discriminated based on what they or their parents look like, where they come from, what their opinions are or any other reason.
3. When making decisions, adults and governments should always consider first what would be in the best interest of the children.
4. Children must be registered when they are born. Children have the right to have a name and a nationality, and, if possible, the right to know their parents and be brought up by them.
5. Children have the right to retain their identity, nationality, name and family relations.
6. Children should not be separated from their parents if they are happy and safe with them. Children who do not live together with their parents should be able to meet and stay in contact with both parents unless this might harm the child.
7. If a child lives in a different country than their parents, it is the government's duty to process their application for residence permit based on family ties in favour of the family without unnecessary delays. .
8. Children have the right to give their opinions freely on issues that affect them. These opinions must be taken seriously taking the child's age and level of development into consideration.
9. Every child has the right to privacy, domestic peace and privacy of correspondence. The children's reputation and good name must be protected.
10. Parents are the main people responsible for bringing up a child, together, taking into consideration what is in the best interest of the child. Governments must support them in this.
11. Children must be protected from all violence, abuse and neglect.
12. Children have the right to stay as safe and healthy as possible and to receive health care and treatment when necessary.
13. Children have the right to social security.
14. Every child has the right to a standard of living adequate for their level of physical, mental, spiritual, moral and social development.
15. Every child has the right to a free primary education. The government should promote secondary and higher education and prevent children from dropping out of school.
16. Every child has the right to rest, relax, play and to take part in cultural and creative activities.
17. Children have the right to be protected from doing work that is dangerous or bad for their education, health or development.
18. Governments must protect children from taking, making, carrying or selling harmful drugs.
19. Children have the right to give their opinions freely, as long as they do not violate the rights of others. Children have the right to access information.

G. Advice for the parents of a bullied child

- **Listen to and give time to your child:** Be present and listen to what the person who got bullied wants to say. Do not rush.
- **Believe your child and give them some time:** Trust your child's story. Do not belittle.
- **Act decisively to stop bullying:** When you hear about bullying, take immediate action to ensure that the bullying stops.
- **Contact the school if necessary:** If the bullying happens at school, contact your child's teacher or principal.
- **Make sure, that the school makes plans to stop bullying:** The school needs to have a plan to stop bullying. Confirm with them, that they are taking the appropriate measures.
- **Discuss the reasons behind bullying with your child:** Talk over with your bullied child about why some people decide to bully and that it is always wrong.
- **Do not encourage retaliation:** Explain, that bullying or retaliating is not going to solve the situation.
- **Help develop your child's self-esteem:** Discuss your child's abilities and strengths with them. This way they will feel more powerful in the situation.
- **Discuss emotions and how to control them:** Talk about how the bullying makes your child feel and what they could do when difficult emotions surface. Teach your child how to calm down by e.g. doing breathing exercises. Explain, that anyone could get bullied and that getting bullied is never the child's fault. If your family need some support in this, please contact e.g. CPS
- **File a police report if necessary:** If you are suspecting that a crime has taken place, be in touch with the police.
- **Mediation or an anchor team can help:** If the situation is difficult, you may want to consider mediation or contacting an anchor team.

Supporting a bullied child requires being present, listening and taking decisive actions. Believe what the child is trying to tell you, do not belittle them and act immediately to stop the ongoing bullying - contact the child's

school if necessary. Make sure that there is a plan developed and implemented by the school to ensure the bullying stops. Discuss the reasons behind bullying and make it clear that bullying is wrong, but getting back at your bully will not solve the situation. Work towards strengthening your child's self-esteem and support them in dealing with difficult emotions. Remind them that getting bullied is not their fault. Seek further help if it is necessary, e.g. the CPS or police and consider mediation to resolve the situation.



10. Where to get help?

<p>Crisis, emotional distress, anxiety, depression</p>	<p>MIELI Crisis Helpline: Finnish, English and Swedish Local health centre Student health care services (FSHS) Chat-services Parish or church Child health clinics and counselling services Safe houses Helsinki Missio - Crisis Services for Youth MVKK</p>
<p>Self-harming, psychosis</p>	<p>Emergency response centre 112 Local health centre/hospital emergency department</p>
<p>Gender and sexuality related concerns</p>	<p>SETA Ry Student health care services (FSHS) Chat-services Youth centre MVKK</p>
<p>Help with substance abuse</p>	<p>Ehyt Ry A-clinic/Substance abuse and rehabilitation clinics Social workers Finfami Parish or church Local health centre</p>

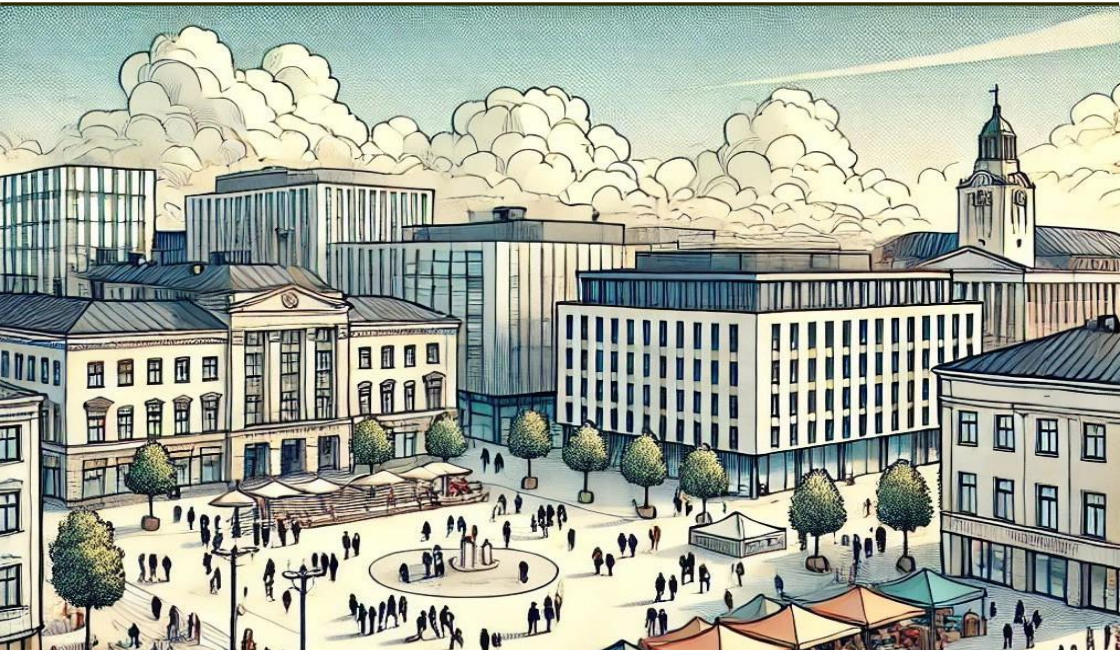
Help with gambling addiction	A-clinic/Substance abuse and rehabilitation clinics Local health centre Youth Stations Peluri
Money troubles	Social workers MVKK

11. Closing words

Every family is unique, and every parent does their best to raise their children. Raising children in a new country brings challenges, but it also brings you opportunities. You and your teenage children have the right to preserve your culture and simultaneously try to find your own way of living as a part of Finnish Society.

Remember that you are not alone. There are multiple families in Finland facing the same situation, and help is available. Parenting is a constant process of learning and growing - no one is perfect, nor do they need to be.

We hope that this guide has helped you to better understand your teenager's development and the ways in which the Finnish society work. The most important things are open conversations, caring and creating a sense of security in the family unit.



List of sources

Laws and treaties:

- Child Welfare Act (417/2007)
- Convention on the rights of the child (L60/1991)
- Basic Education Act (628/1998)

Studies and reports:

- Nurminen, A. (2022): Vieraskielisen lapsen ja nuoren oppimisen haasteiden ja oppimisvaikeuksien tunnistaminen
- KPMG (2018): Turvallisuuden yhdenvertaisuus selvitys
- Terveyden ja hyvinvoinnin laitos (2023): Kouluterveyskysely

Järjestöjen materiaalit:

- Mannerheimin Lastensuojeluliitto: Vanhempainnetti
- Väestöliitto: Monikulttuurinen osaamiskeskus
- Ehkäisevä päihdetyö EHYT ry: Nuorten päihteidenkäytön ehkäisy
- Setä ry: Seksuaalikasvatus ja moninaisuus

Viranomaislähteet:

- Opetushallitus: Perusopetuksen opetussuunnitelman perusteet 2014
- Terveyden ja hyvinvoinnin laitos: Lapset, nuoret ja perheet
- Poliisi: Nuorisorikollisuuden ehkäisy

CONTACT INFORMATION FOR RECEIVING HELP

- Emergency response centre: 112 (a 24 hours a day)
- MIELI Crisis Helpline: 09 2525 0116 (in English, Finnish and Swedish also available: (FI 09 2525 0111, SE 09 2525 0112))
- Children and youth helpline: 116 111 (in Finnish)
- Helpline for parents: 08 0092 277 (in Finnish)





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Ideation and text: Milla Kärnä

In collaboration with **MVKK** and **Oikeus kasvaa suomessa** -project

Updated: 2024

