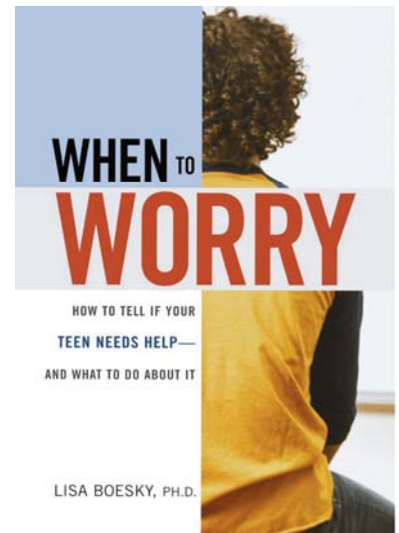


Dr. Lisa
National Expert on Troubled Teens
Psychologist, Speaker, Author

Sample Questions for Media Interviews

New Book: *WHEN TO WORRY: How to Tell if Your Teen Needs Help—and What to Do About It* By Lisa Boesky, Ph.D.

www.whentoworry.com & www.dr lisab.com



- 1) What makes you an expert in “Troubled” Teens?
- 2) How many of today’s teens are truly troubled? Aren’t ALL teenagers somewhat crazy?
- 3) The title of your book is *WHEN TO WORRY: How to Tell if Your Teen Needs Help—and What to Do About It*. Well Dr. Lisa, tell us, when should parents worry?
- 4) Does Depression look different in teenagers? What are some “warning signs” parents could look for?
- 5) What drugs are most popular with teens today?
--What are some warning signs parents can look for to see if their teen is using them?
- 6) I’ve heard/read about teens who “cut” or “burn” themselves to *feel better*. Why would a young person do that?
- 7) What should a parent do if their teen continually breaks rules?
--What if their teen is breaking the law?
- 8) Given the celebrity culture that teens live in, we see so many young girls wanting to be super thin. When is a teen TOO concerned about dieting or their weight?
- 9) We hear a lot of talk about ADHD—aren’t people just labeling and medicating “typical teen” behavior?
- 10) What exactly is ADHD--how would a parent know if their teen has it?
- 11) What about teens who don’t want to go to school? At what point should they worry?
- 12) What about slipping grades? Is that normal during the teenage years or something parents should worry about?
- 13) What about Bipolar Disorder? Don’t ALL teens have mood swings? What exactly is Bipolar Disorder and what are some warning signs that a teen might have it?

- 14) Teen Suicide is the ultimate tragedy--Which teens are at highest risk for taking their own lives?
- 15) Aren't today's teens OVER-diagnosed? It seem like so many teens have one label or another—ADD, ADHD, Bipolar, Autism....
- 16) Are today's teens OVER-medicated? It seems like doctors are giving a pill for everything. Is that really the answer?
- 17) Which professionals should parents consult if they are concerned about their teen?
- 18) Are there any professional treatments parents should be aware of that are NOT effective or that could make their teenager worse?
- 19) What can parents do in the family home to help a teen who is struggling?
- 20) If you could leave one message with our listeners that would change the way they interact with their teens today, what would it be?
- 21) Where can people learn more about you, your book and your work related to teens who are struggling?

*Too many “sick teens in need of treatment” are viewed as
“bad teens in need of punishment”*

-Dr. Lisa

For More Information:

www.dr lisab.com

www.whentoworry.com

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