

Growing TOGETHER

Understanding Adolescence



*Adolescence is not a problem to control.
It is a journey to understand.*

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One day your child is small and dependent.



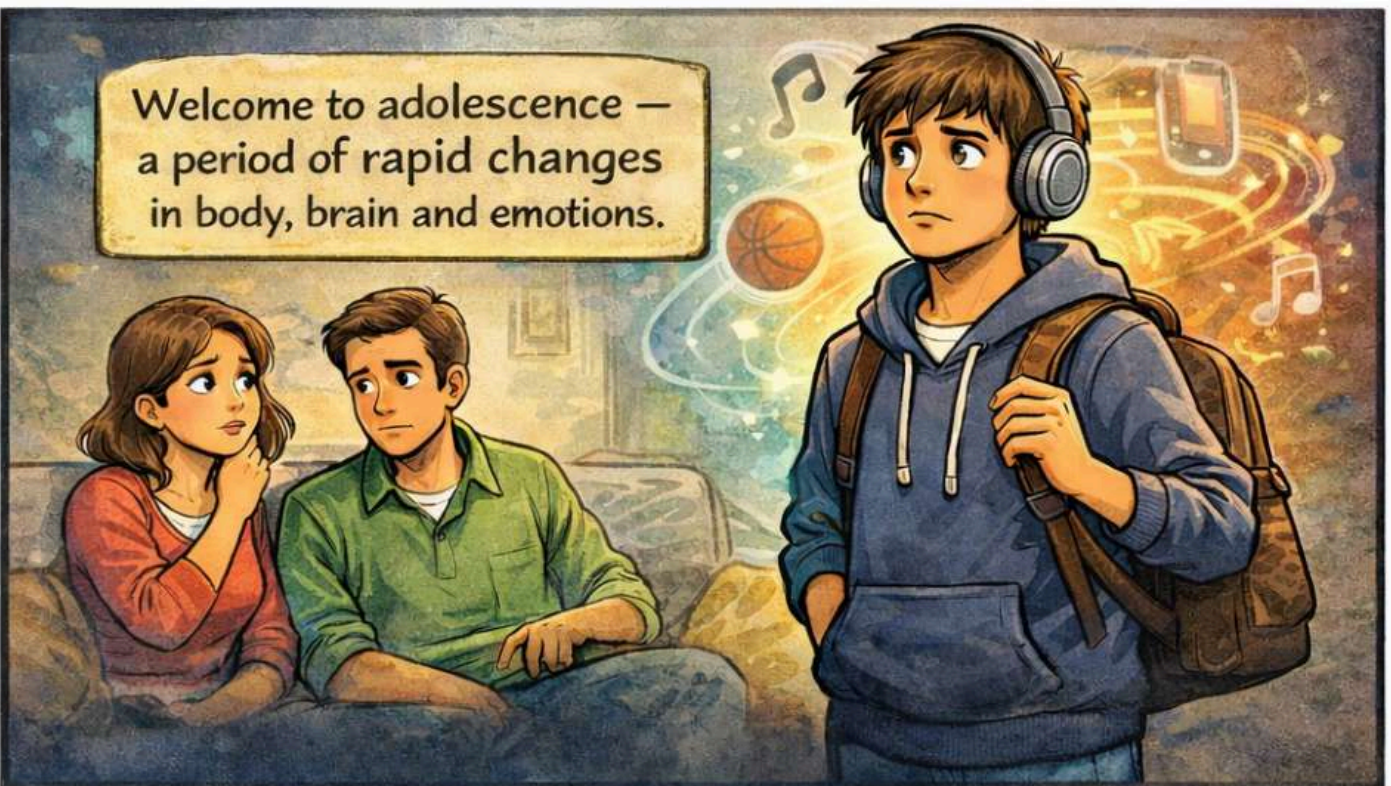
And suddenly... everything changes.



Why is he so different these days?

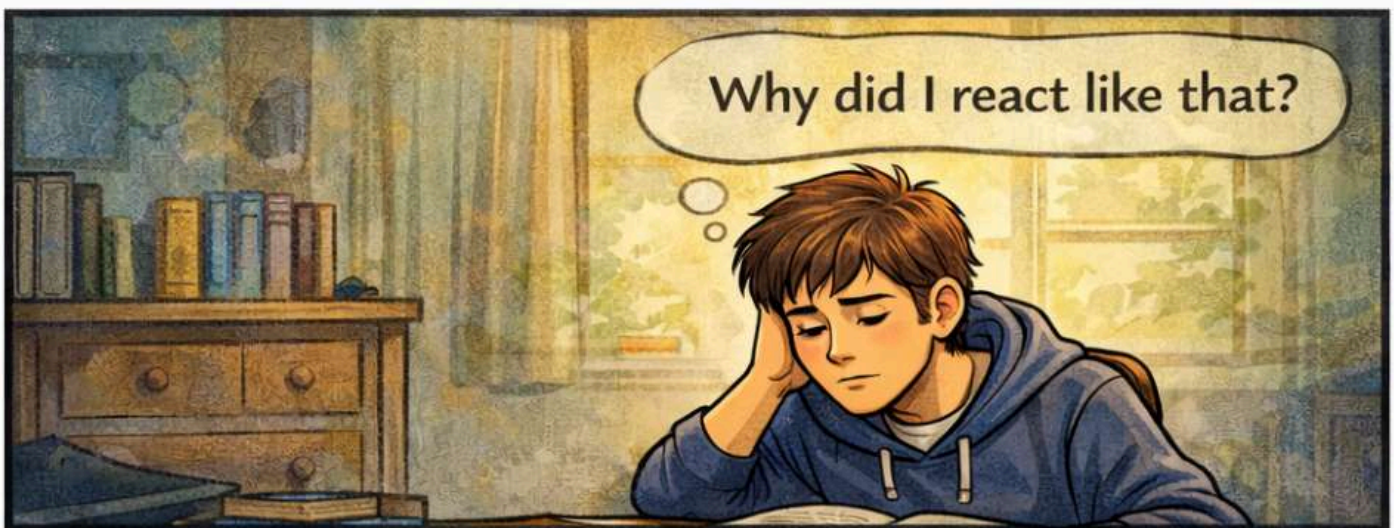
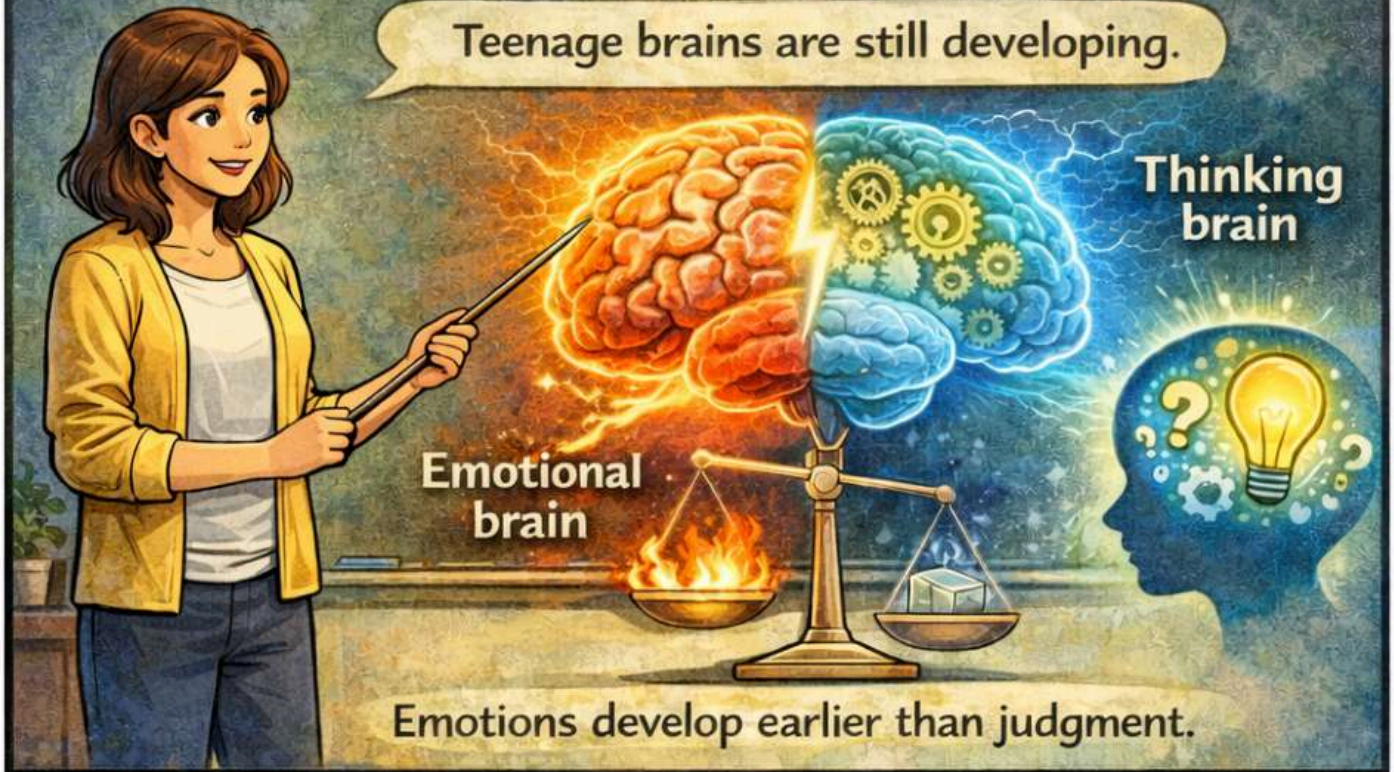


Welcome to adolescence — a period of rapid changes in body, brain and emotions.

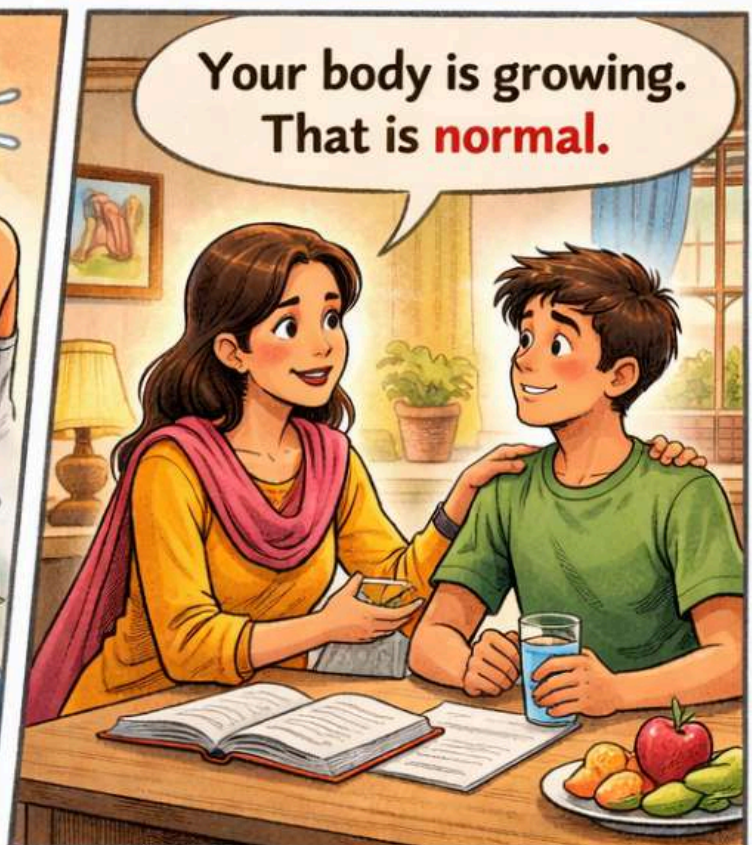
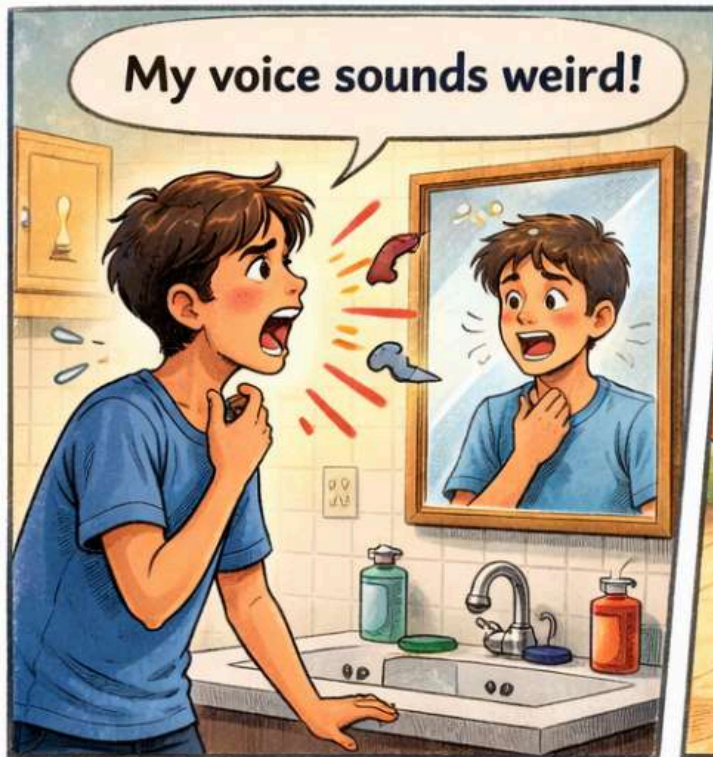


The Adolescent Brain

Teenage brains are still developing.



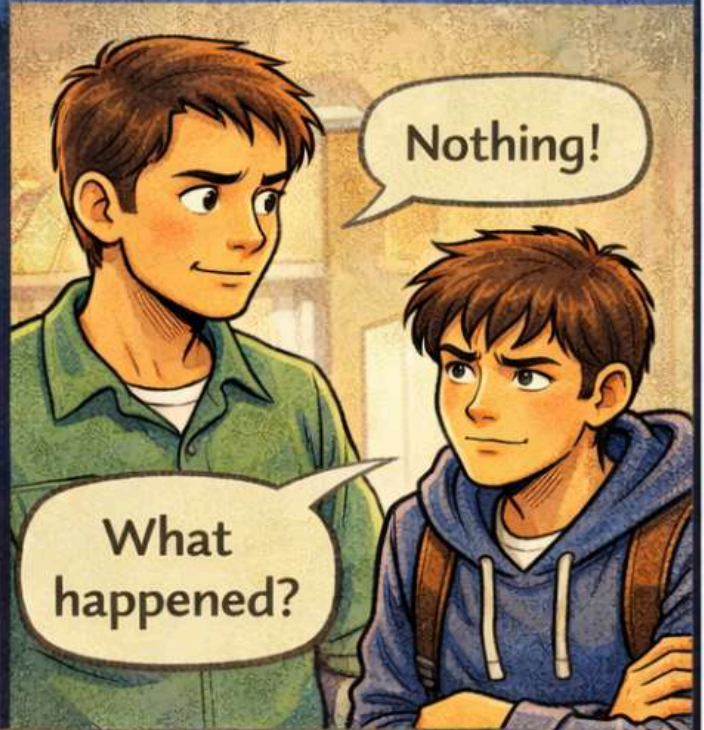
Physical Changes



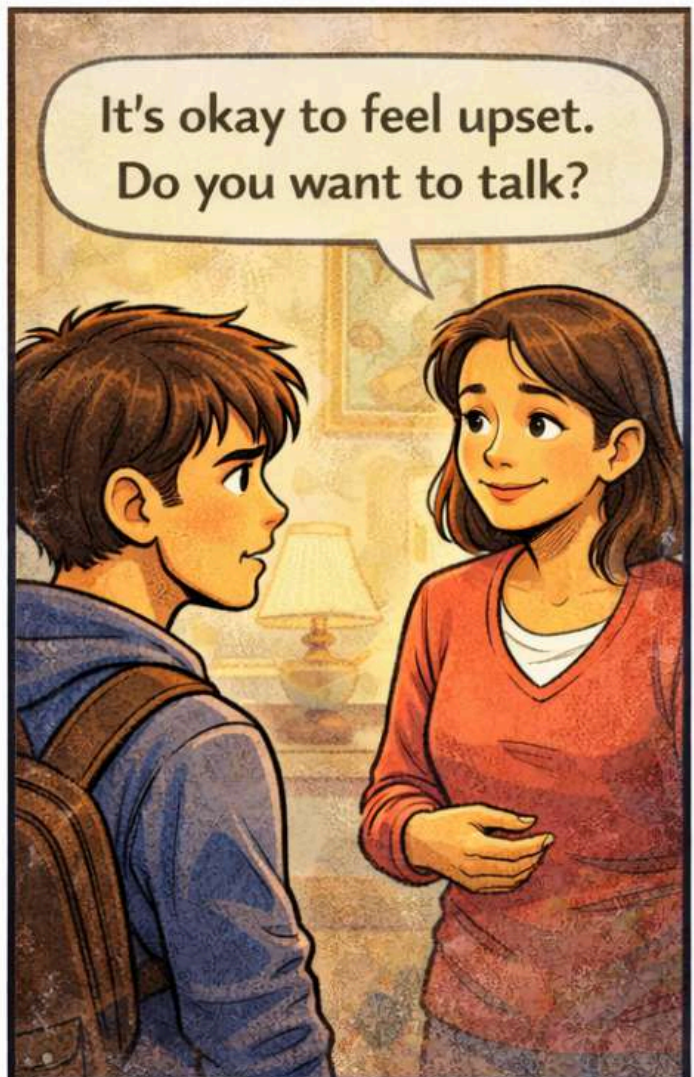
Parents should **talk openly** about **physical changes**.



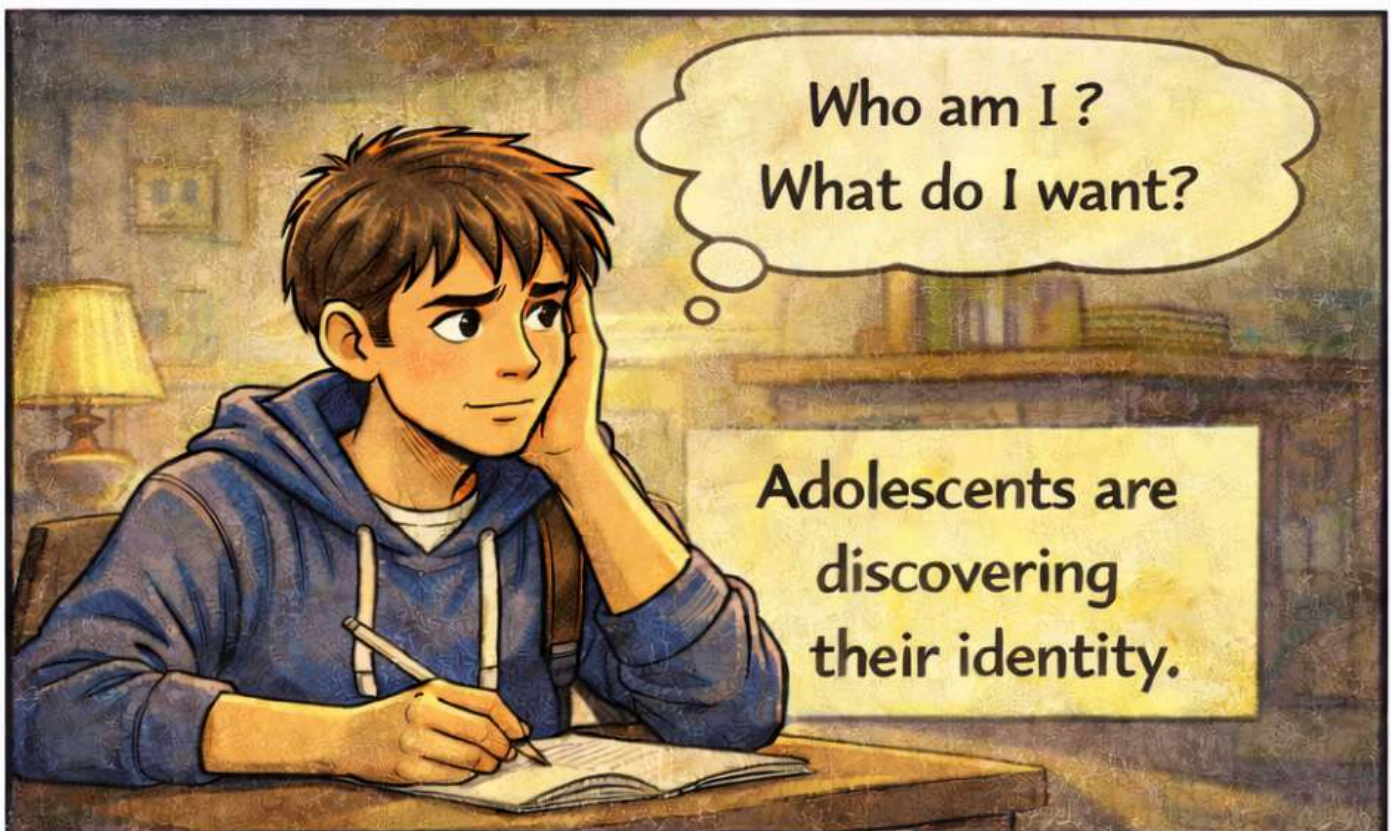
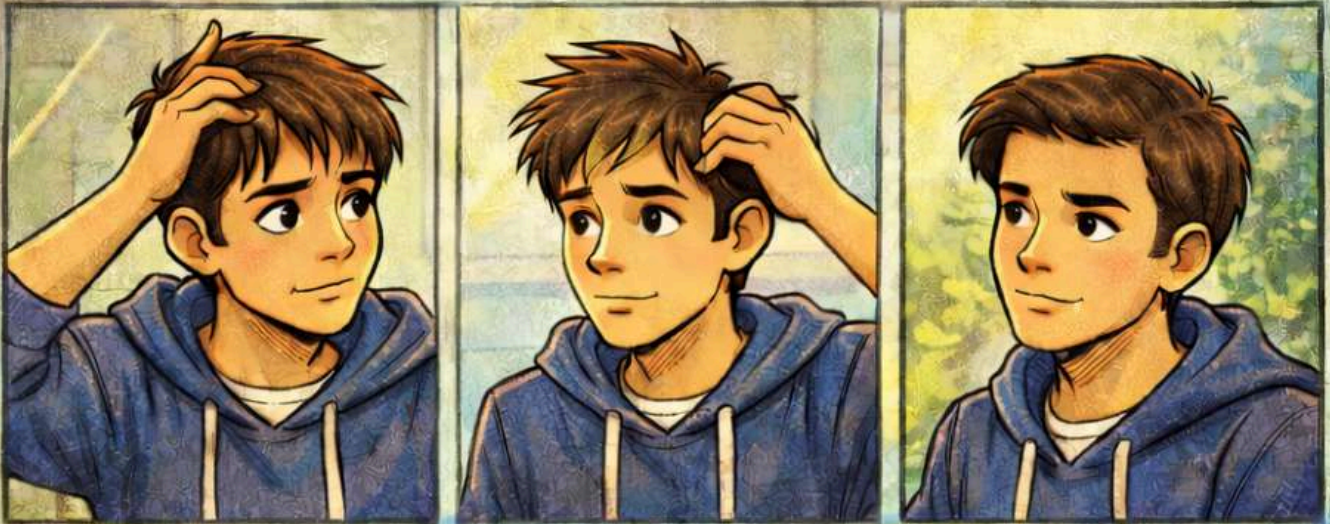
Emotional Rollercoaster



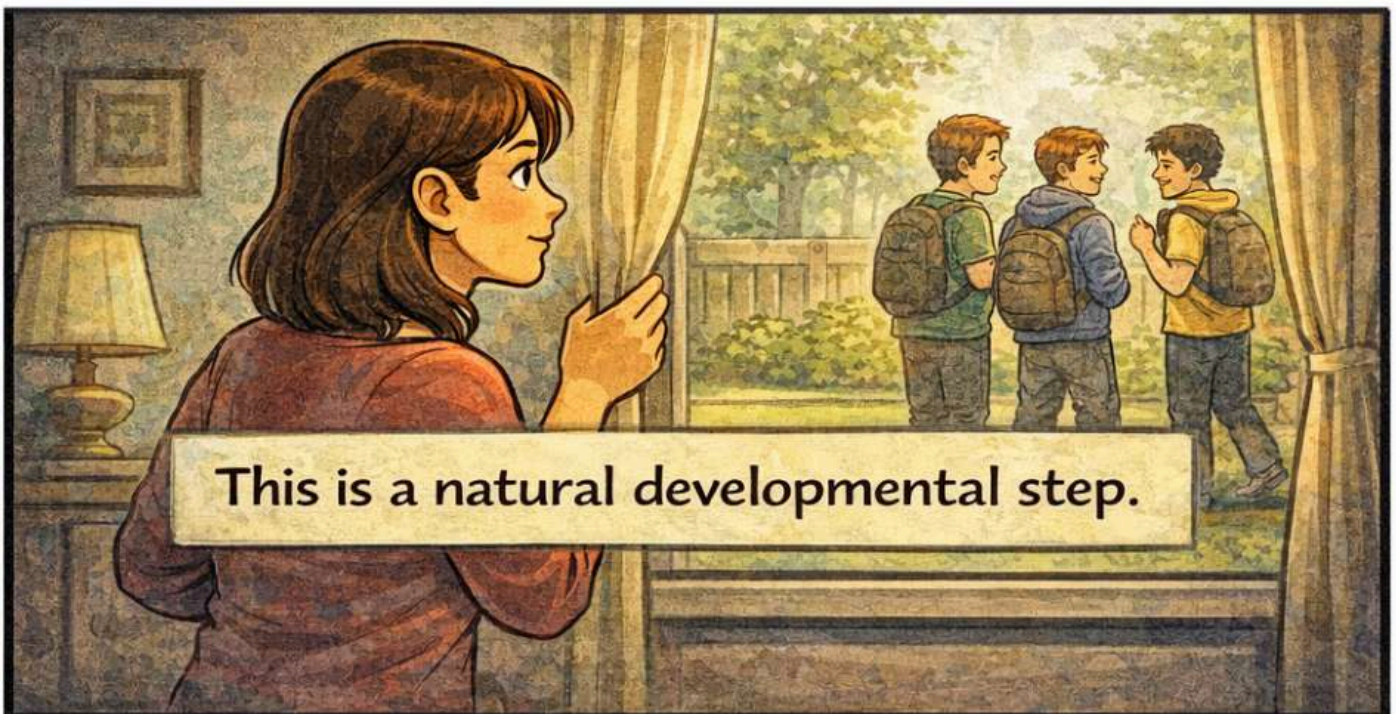
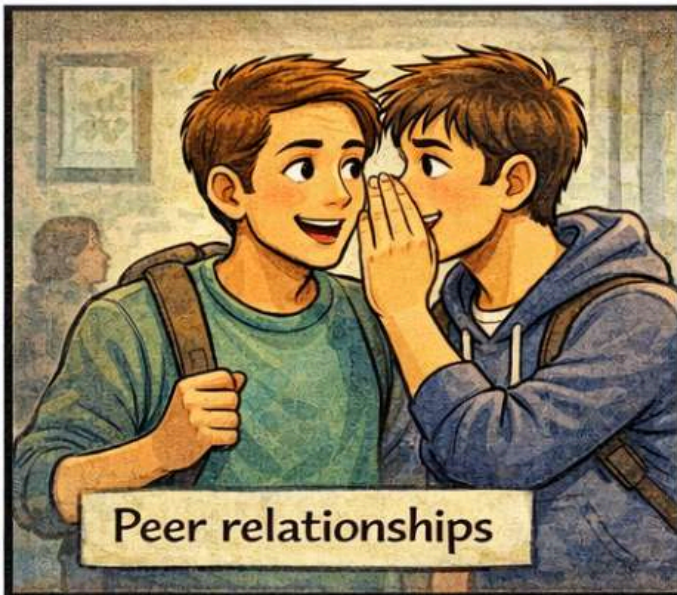
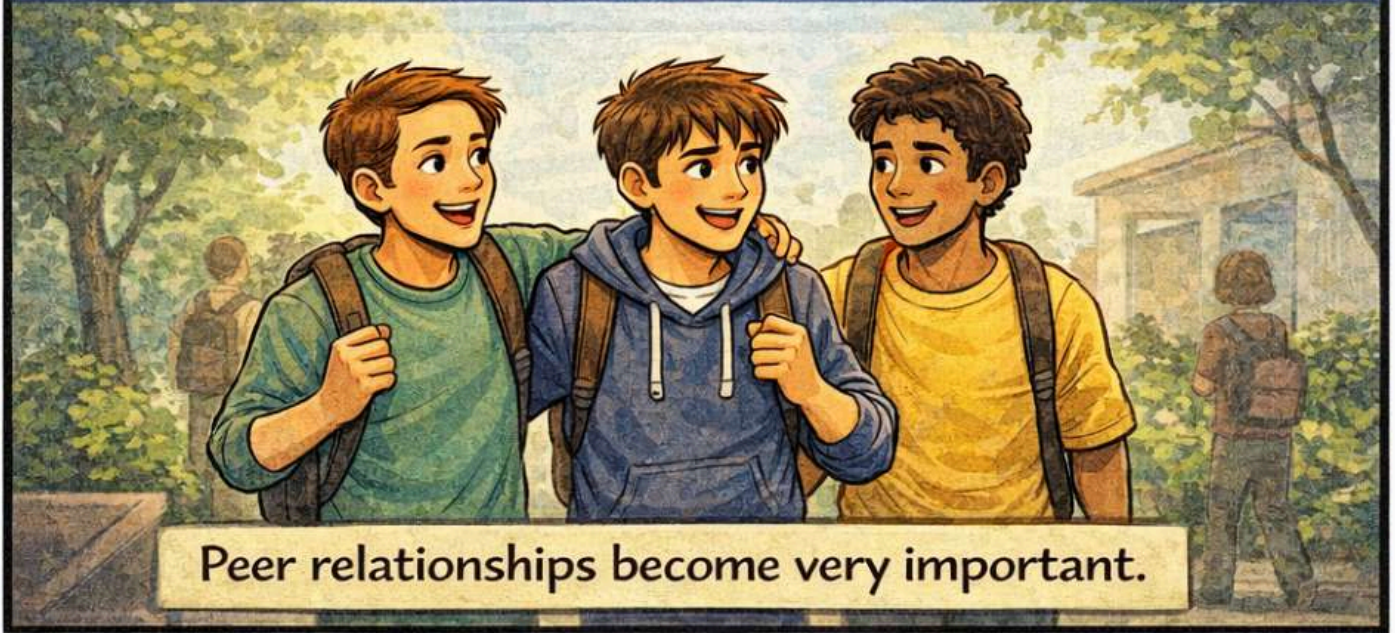
Adolescents experience intense emotions.



Search for Identity



The Importance of Friends



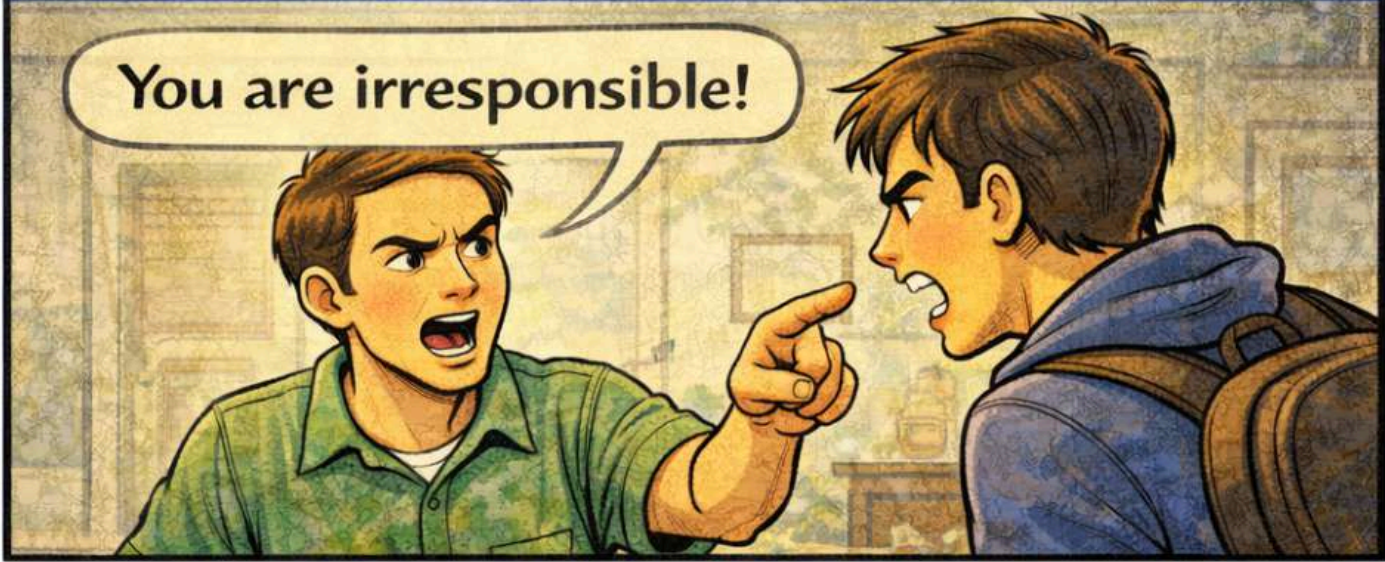
Peer Pressure



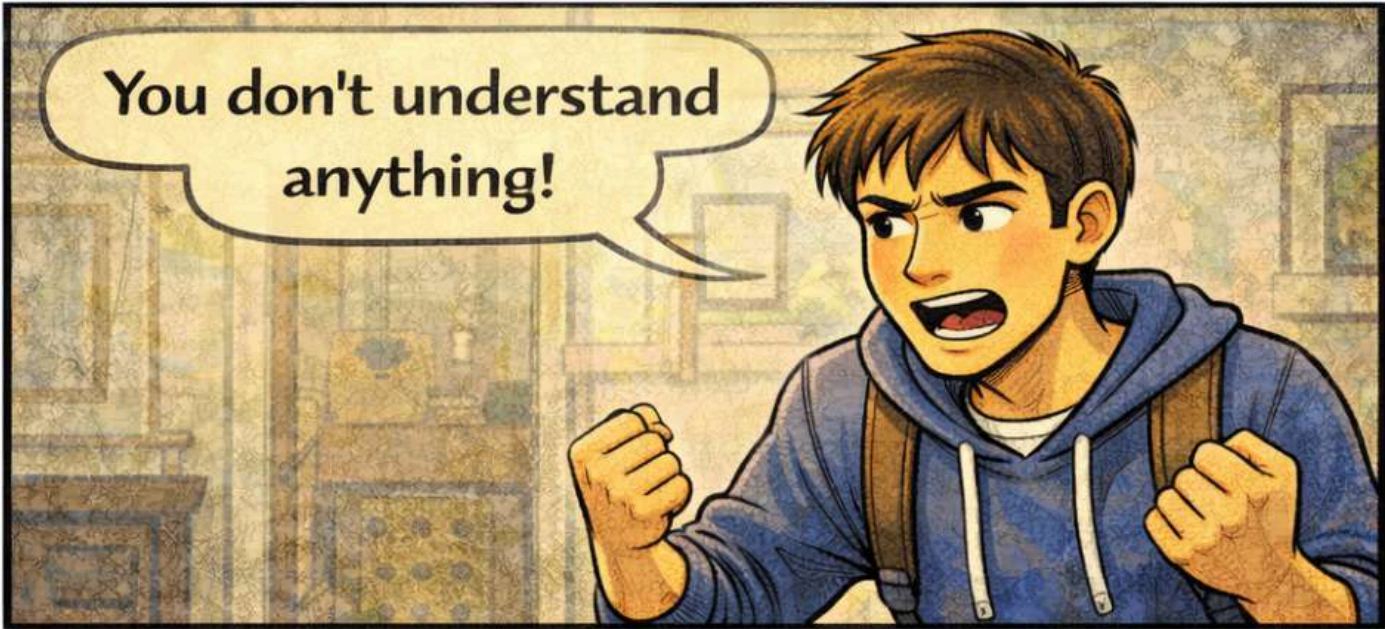
Risk Taking



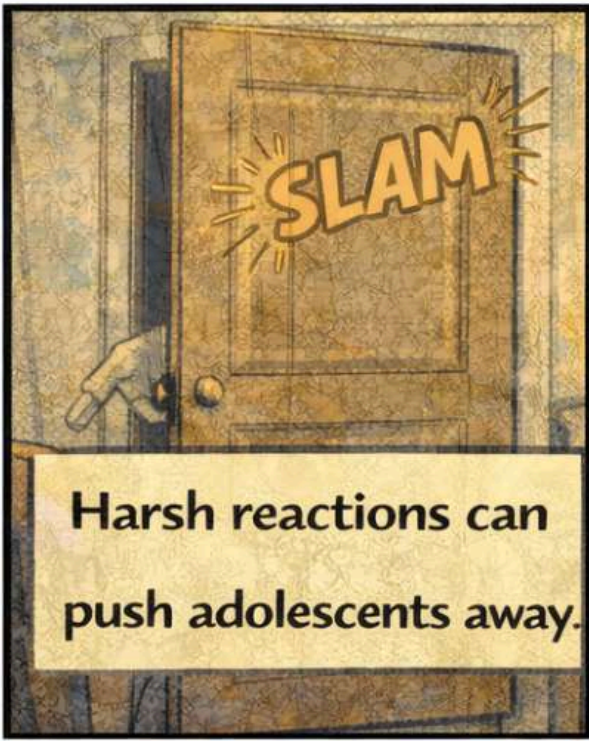
Parent Reaction (Wrong Way)



You are irresponsible!



You don't understand anything!

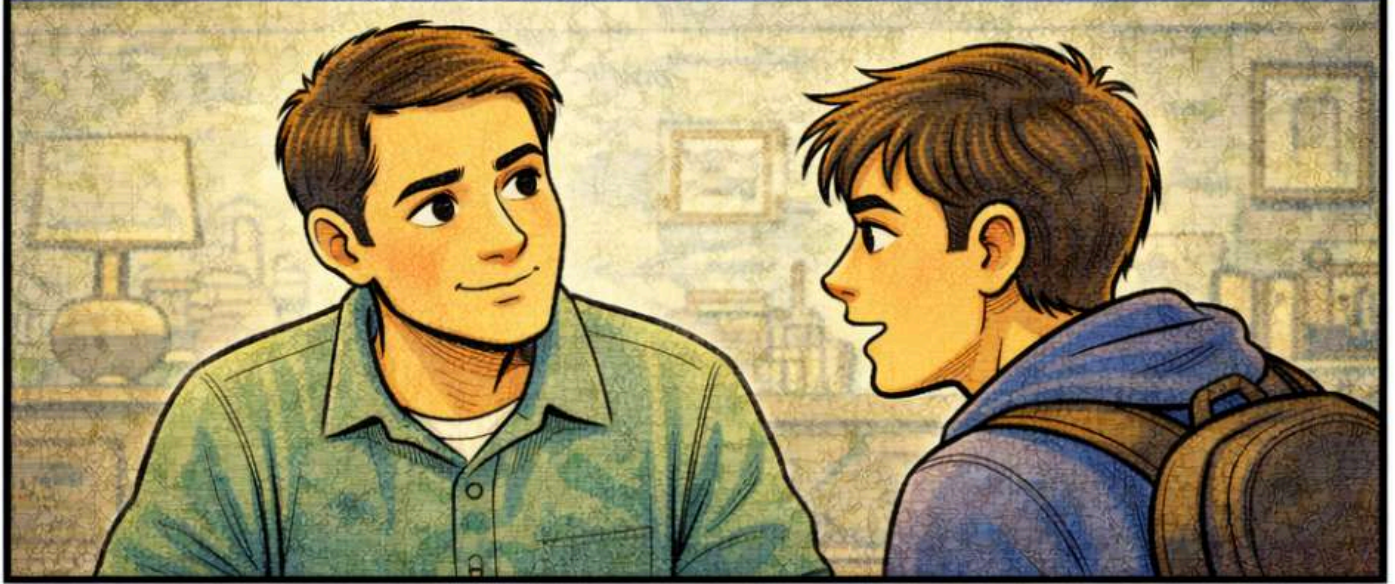


SLAM

Harsh reactions can push adolescents away.



Listening Matters

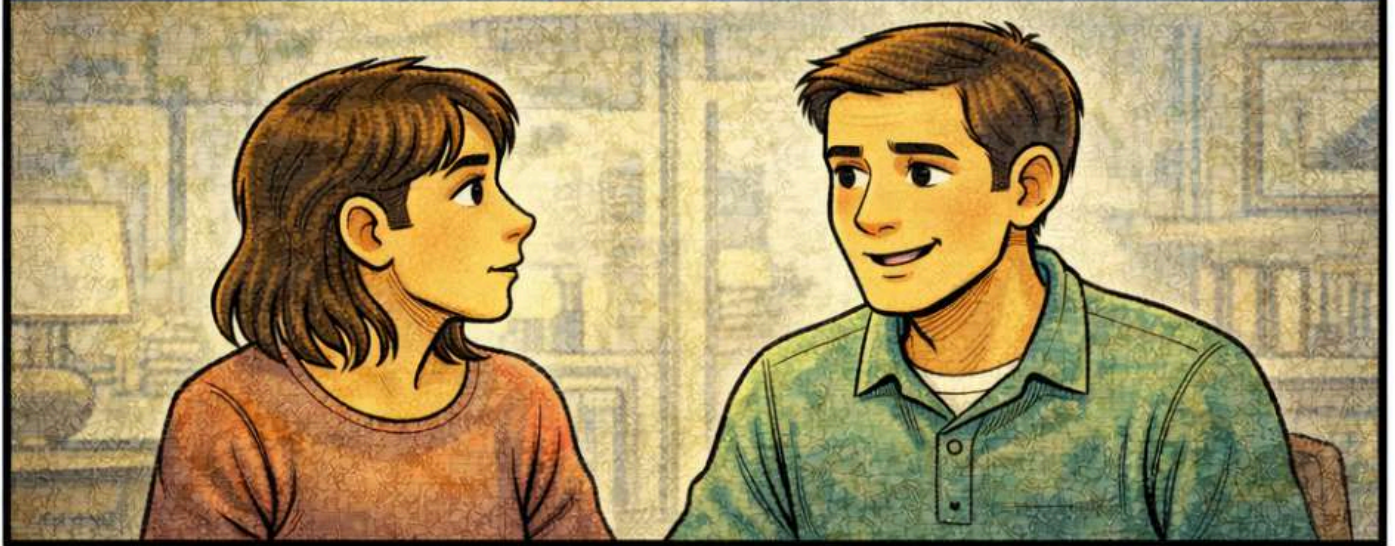


Everyone expects too much.



Adolescents need to feel heard.

Setting Boundaries



You can go out, but be
back by 8.



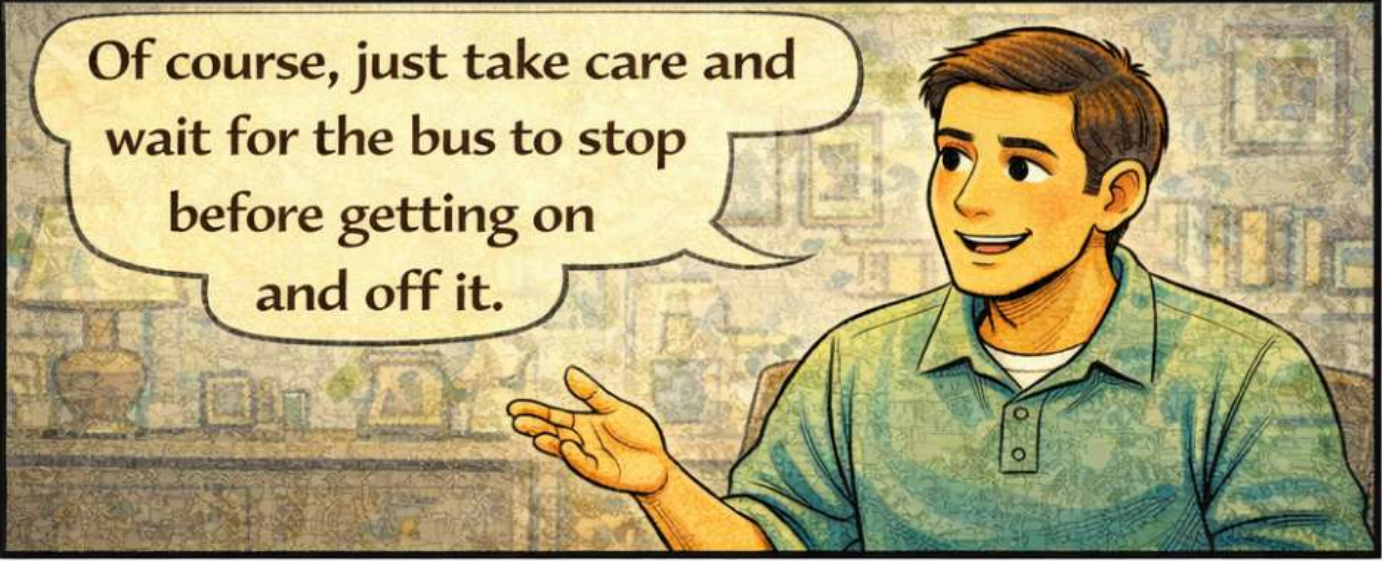
Clear and consistent
boundaries help
adolescents feel secure.



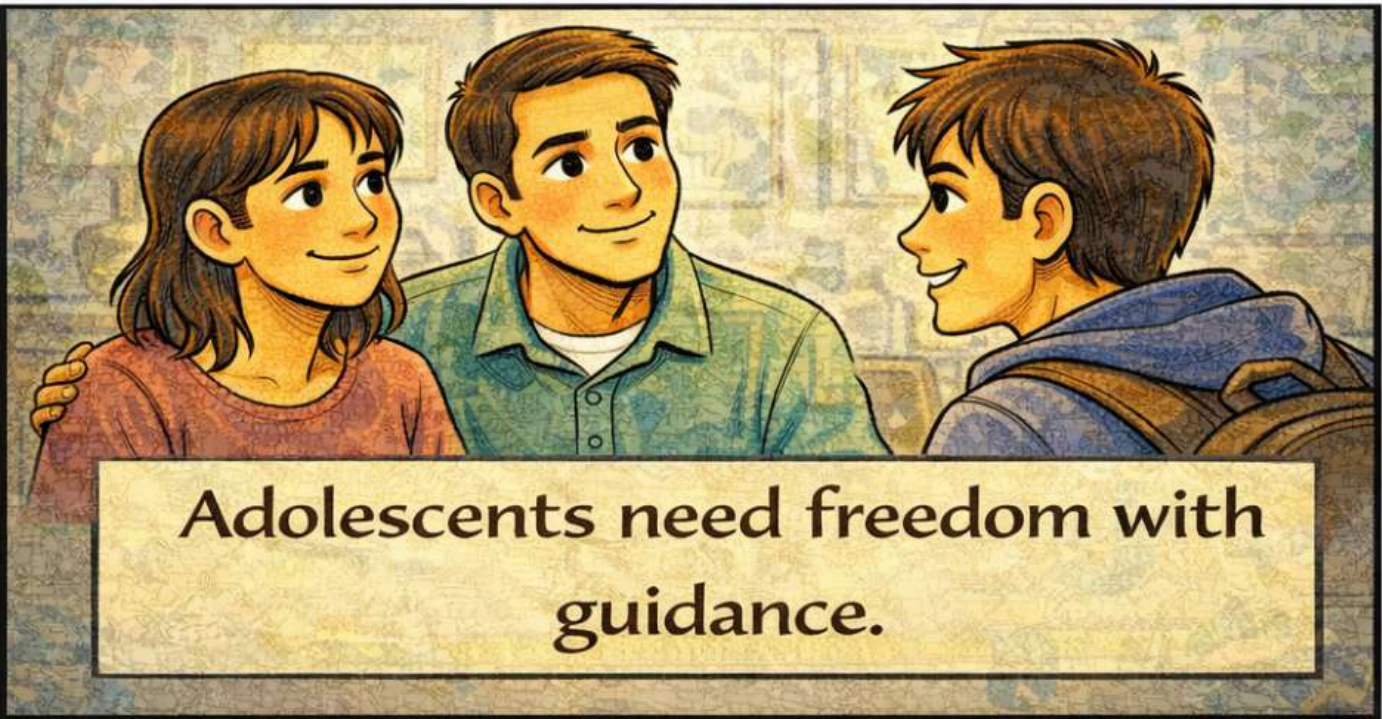
Encouraging Independence



I will take the bus to the mall.

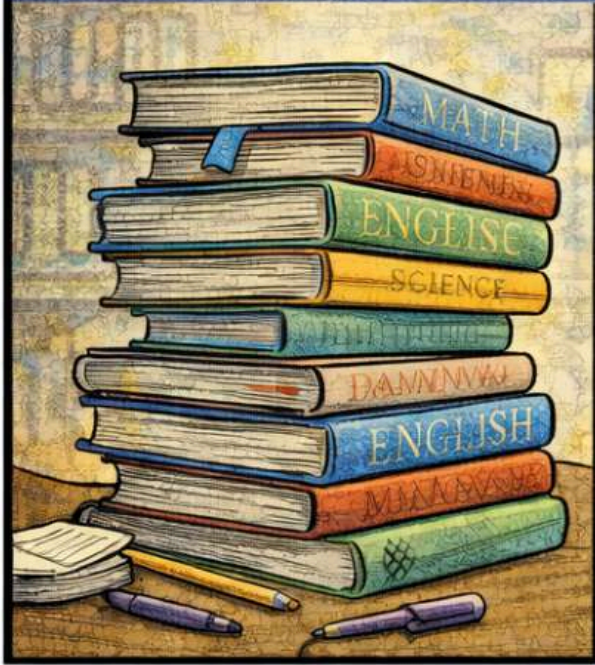


Of course, just take care and wait for the bus to stop before getting on and off it.



Adolescents need freedom with guidance.

Academic Pressure

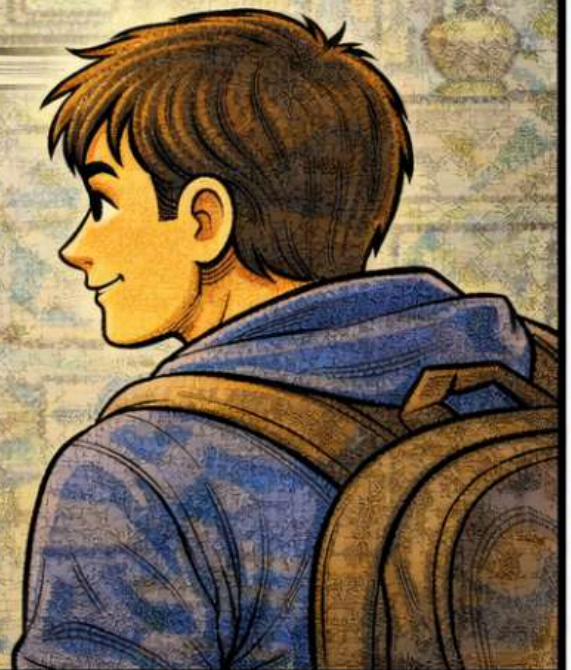


I have been studying regularly. I hope I get good marks

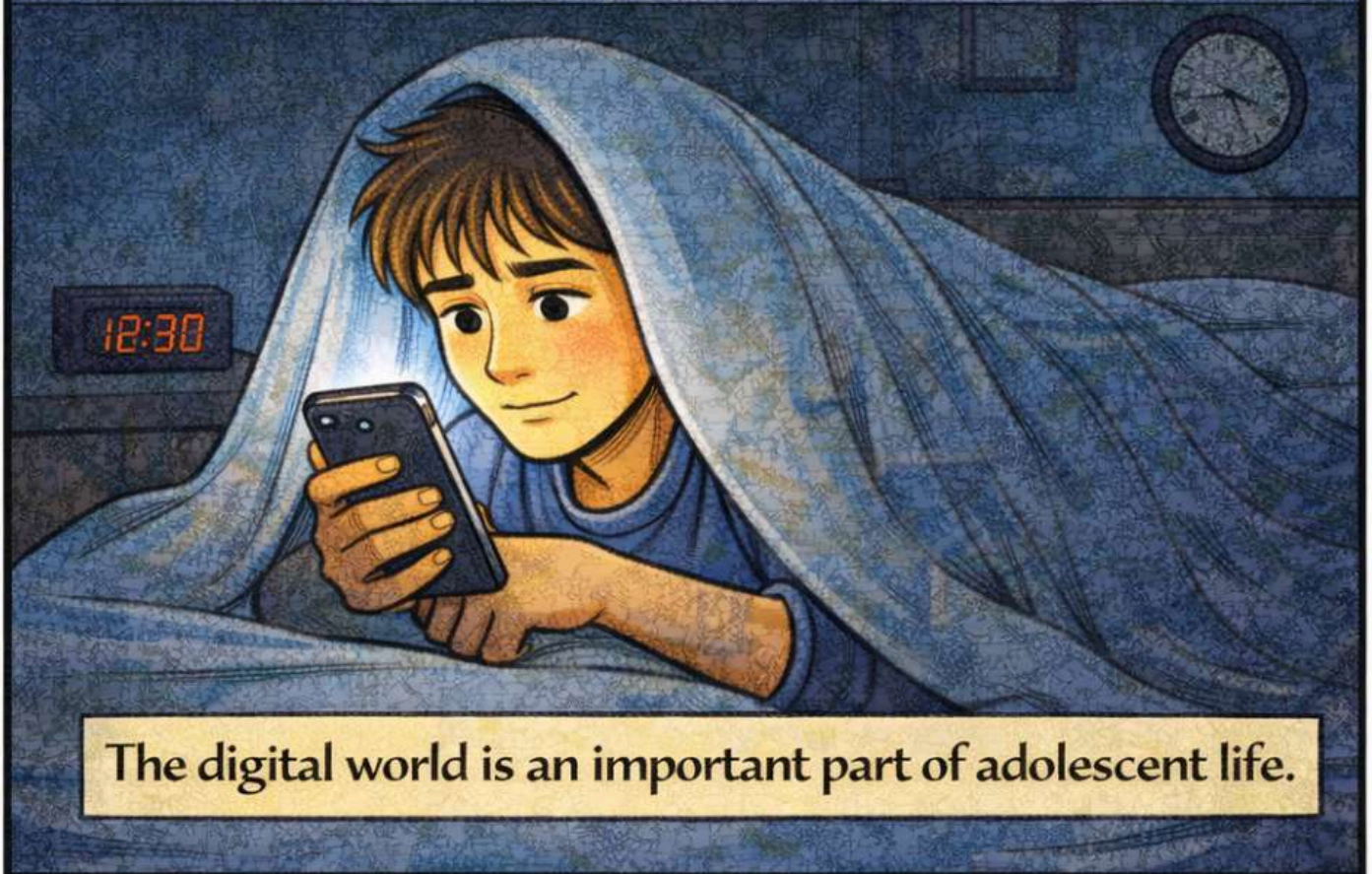


Your effort matters more than marks.

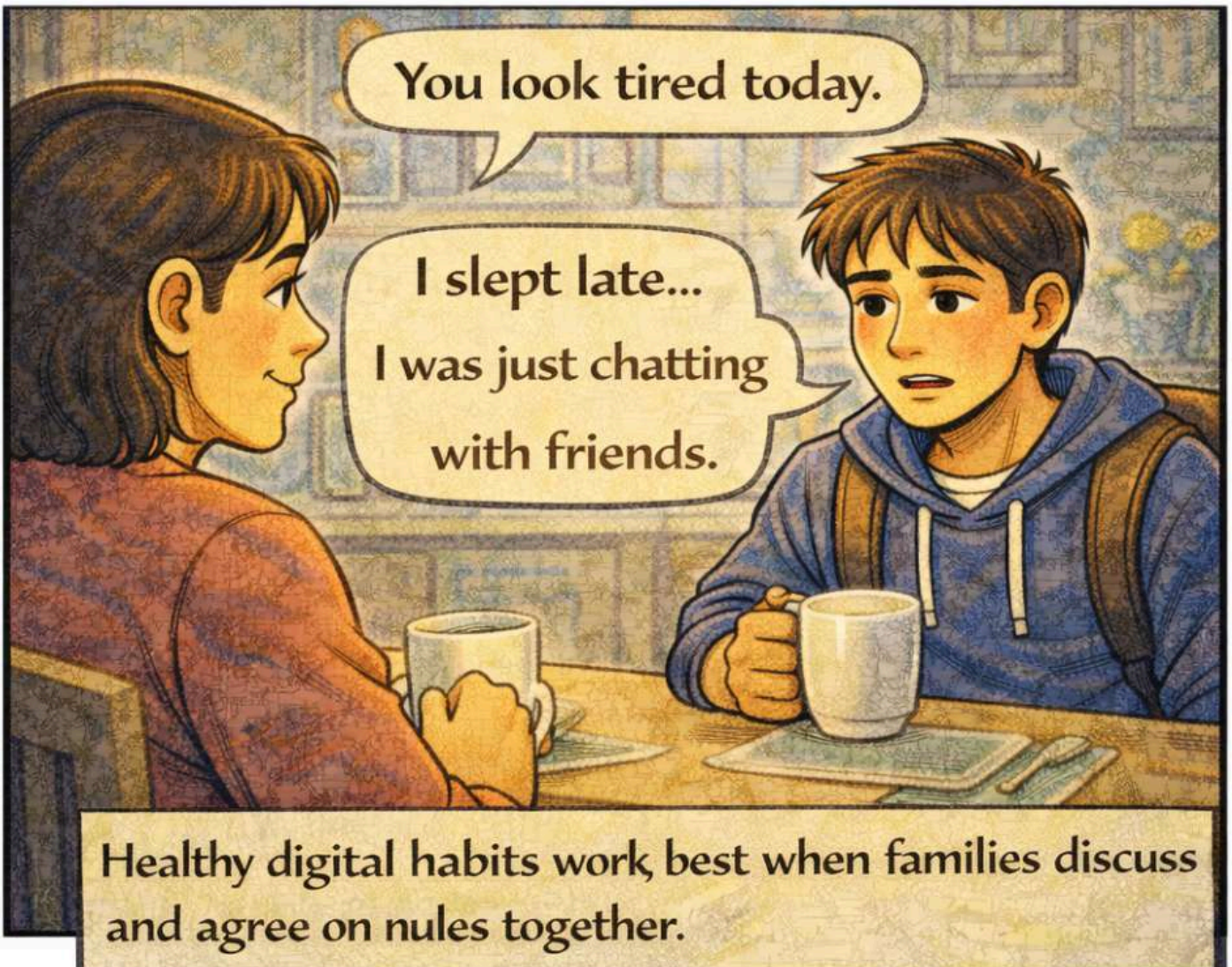
Support reduces pressure.



The Digital World



The digital world is an important part of adolescent life.



You look tired today.

I slept late...
I was just chatting
with friends.

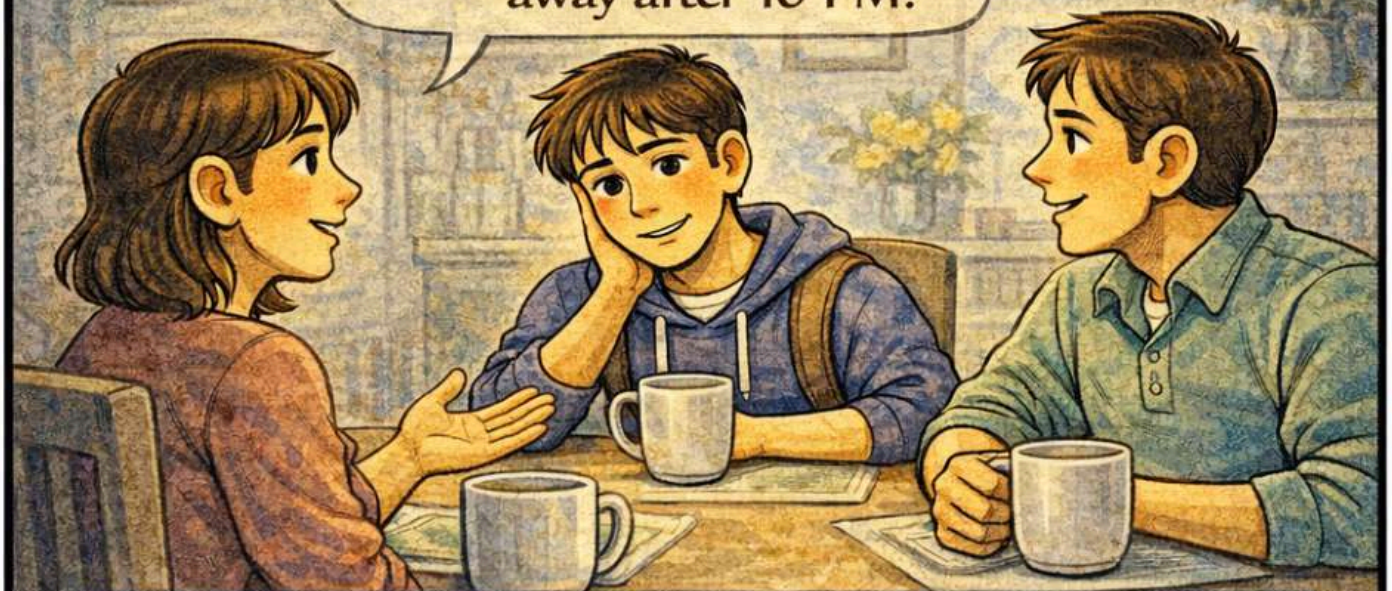
Healthy digital habits work best when families discuss and agree on rules together.

The Digital World

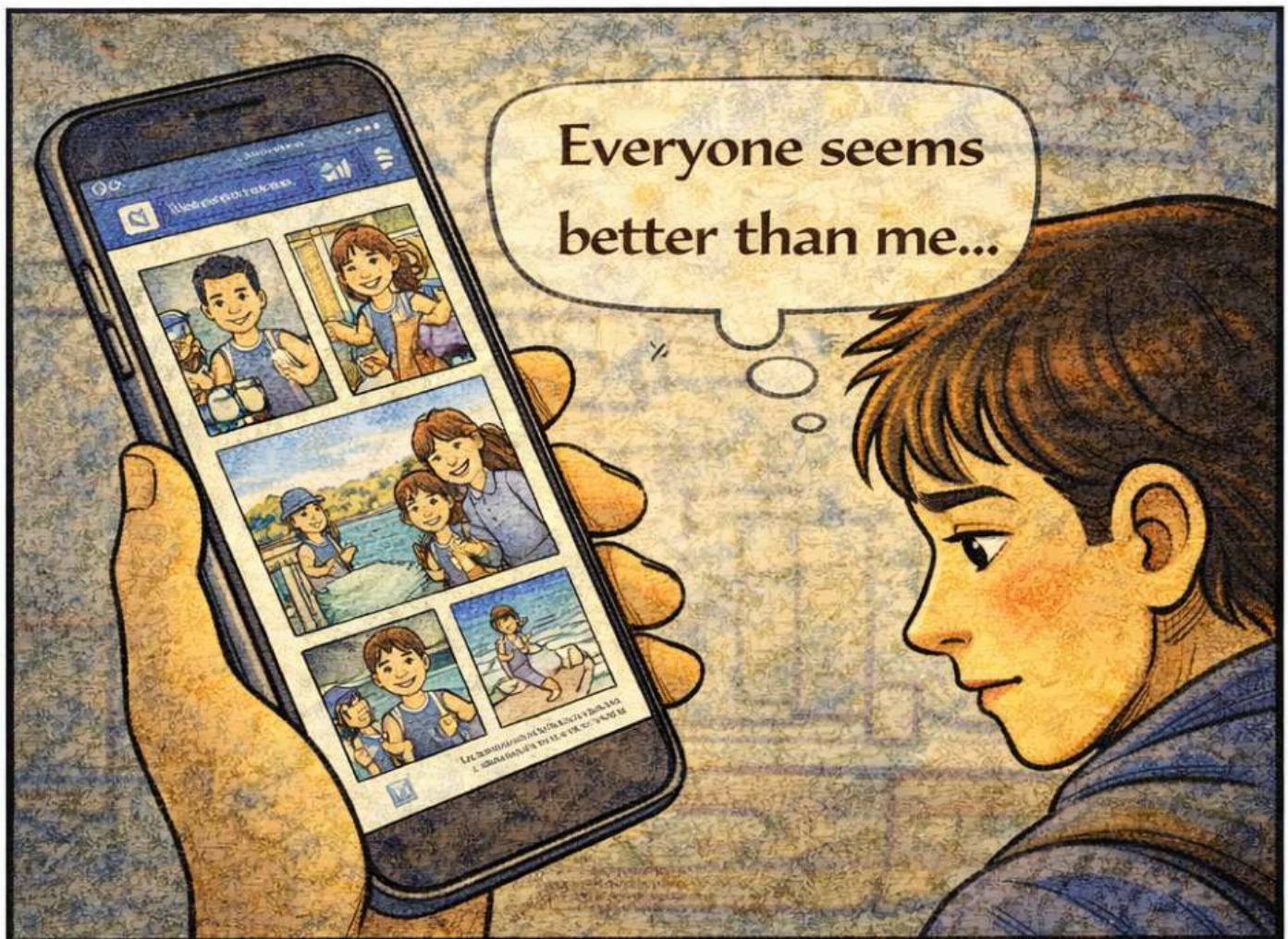
Phones are useful, but too much screen time can affect sleep and concentration.

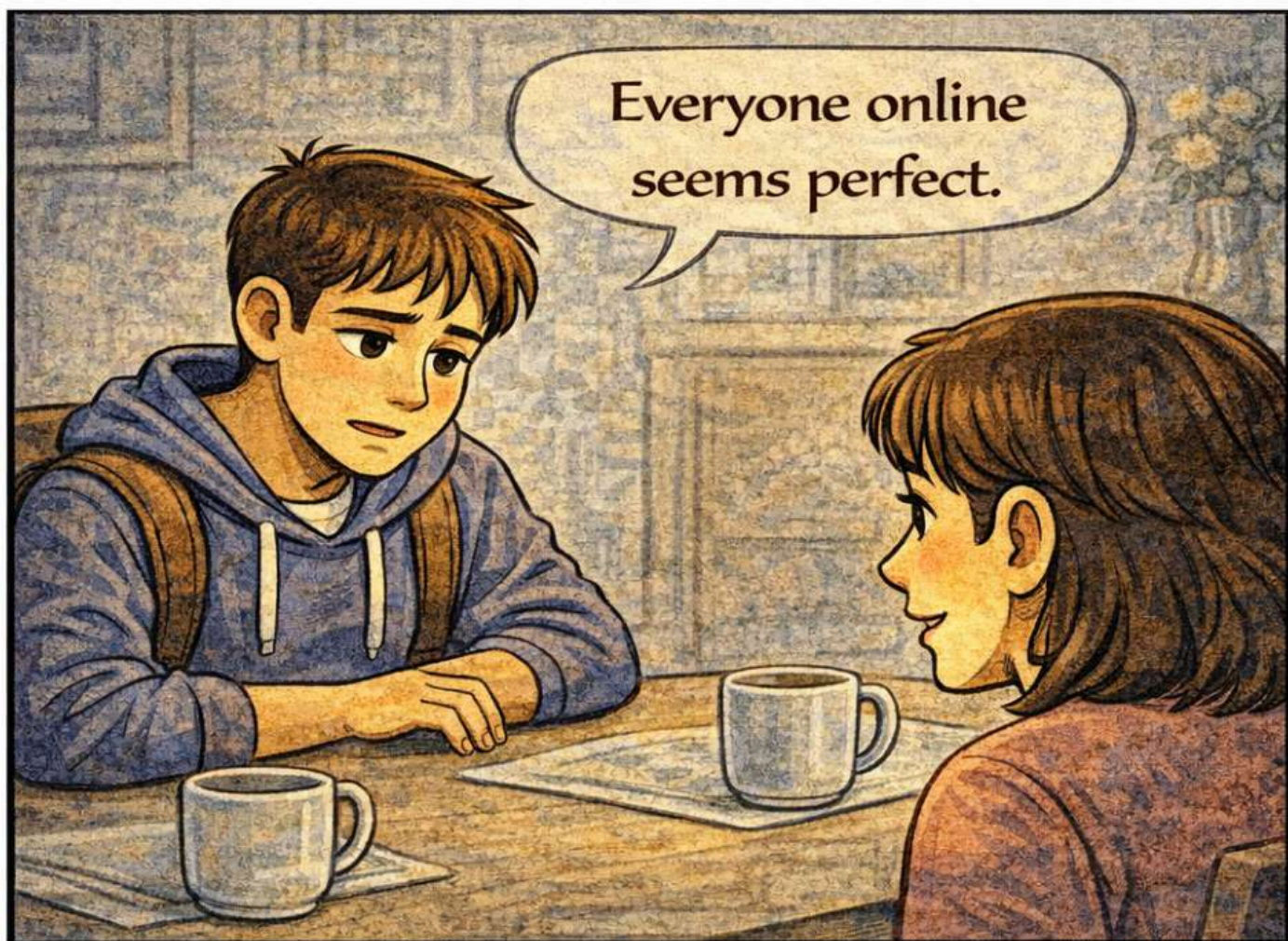


How about keeping phones away after 10 PM?

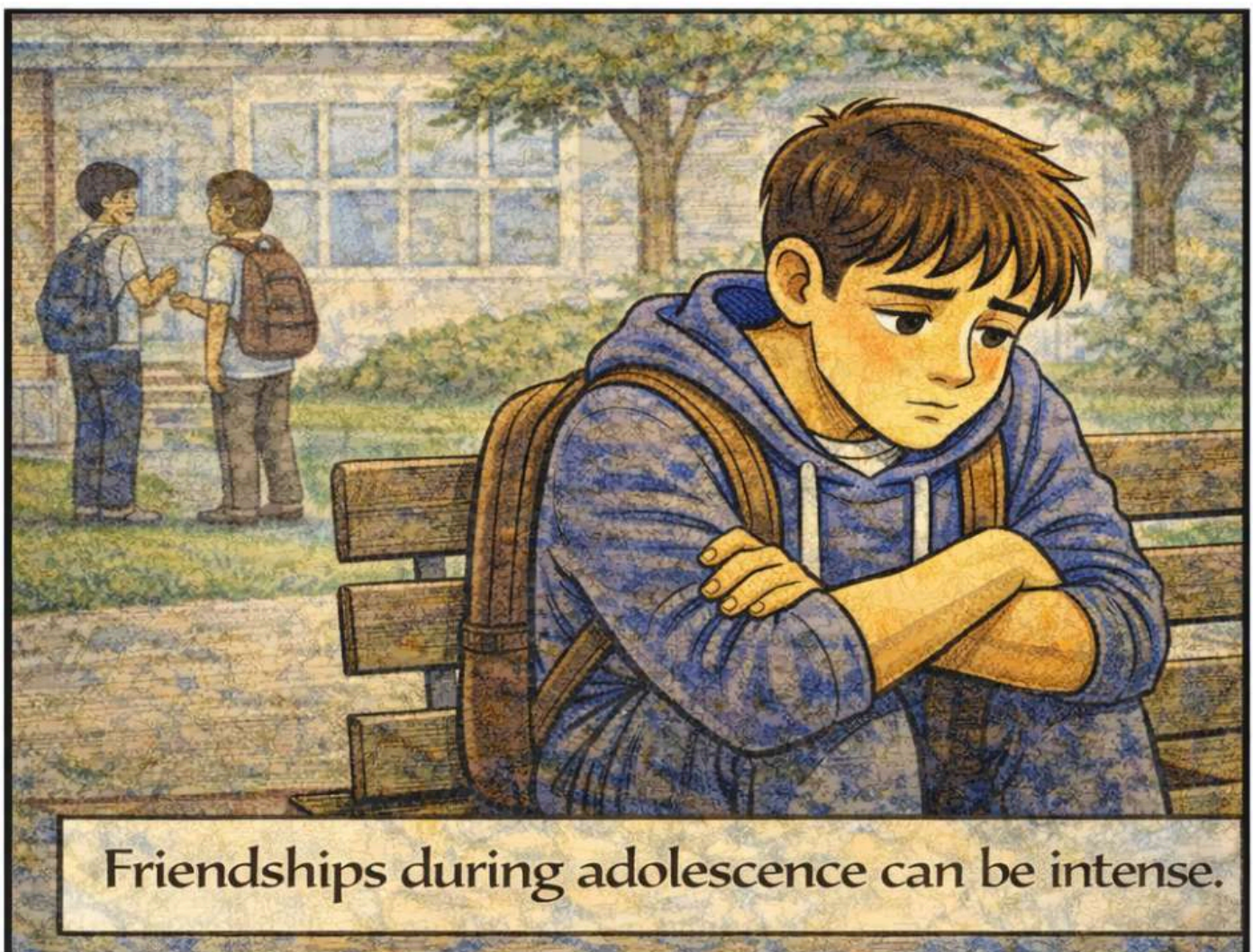


Healthy digital habits should be guided, not imposed.

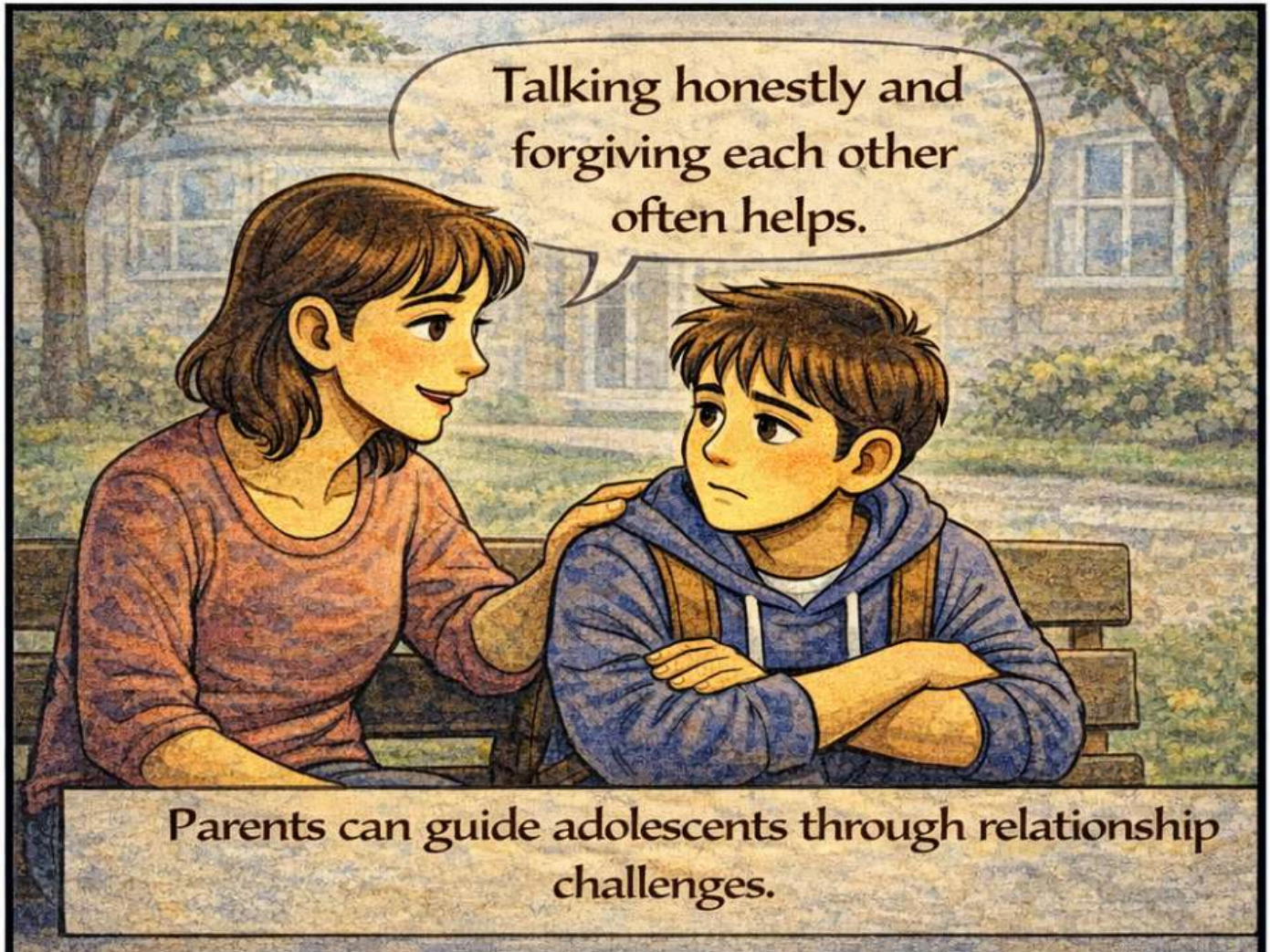
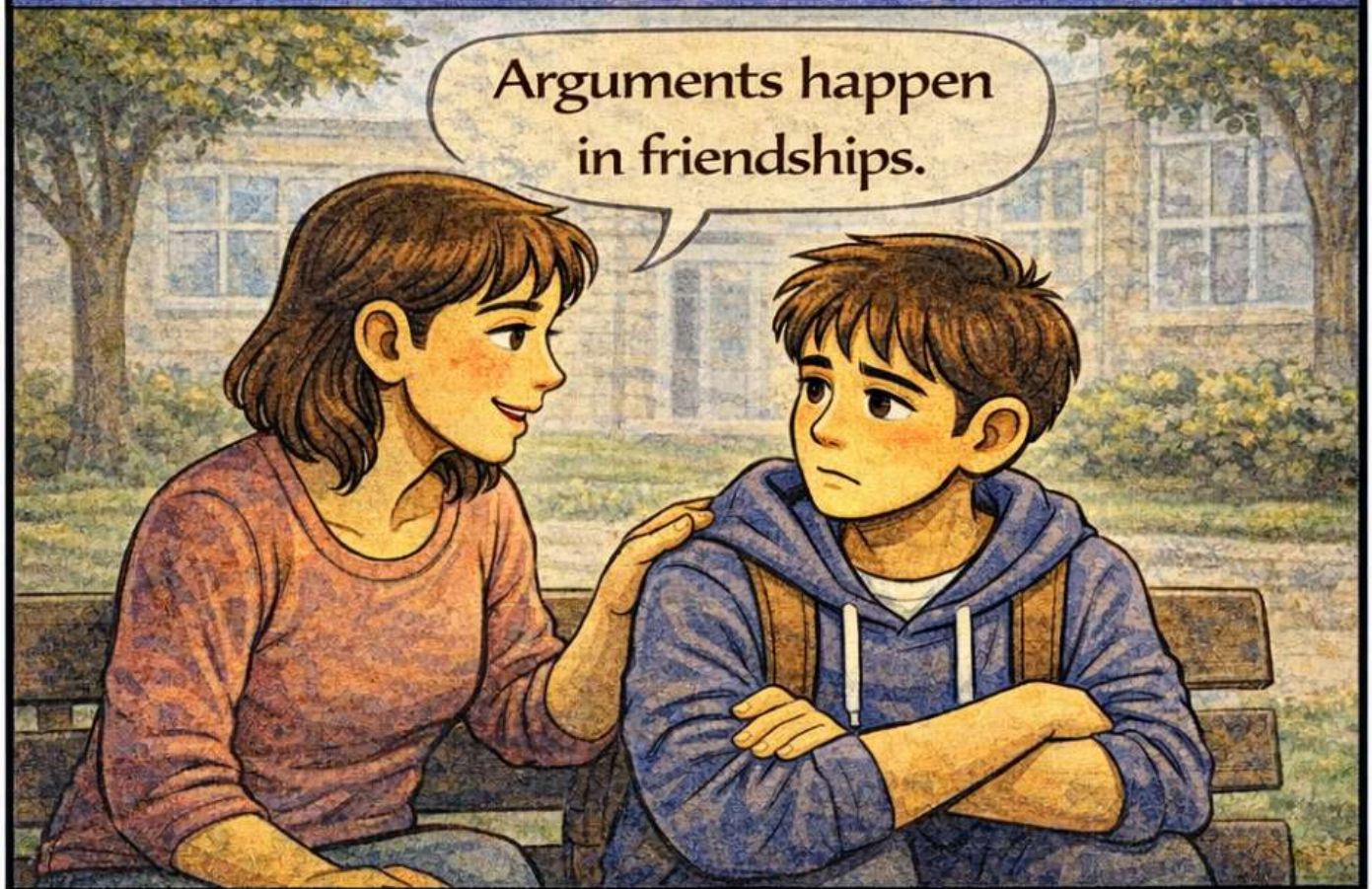




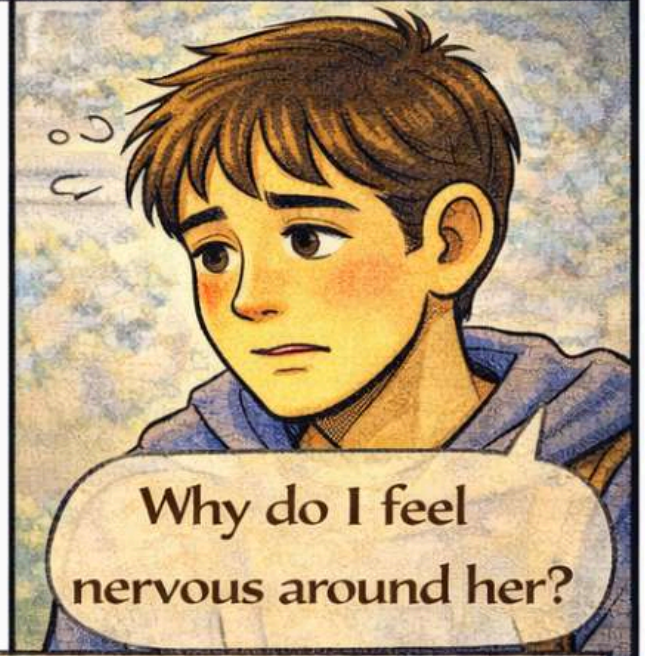
Friendship Conflicts



Friendship Conflicts

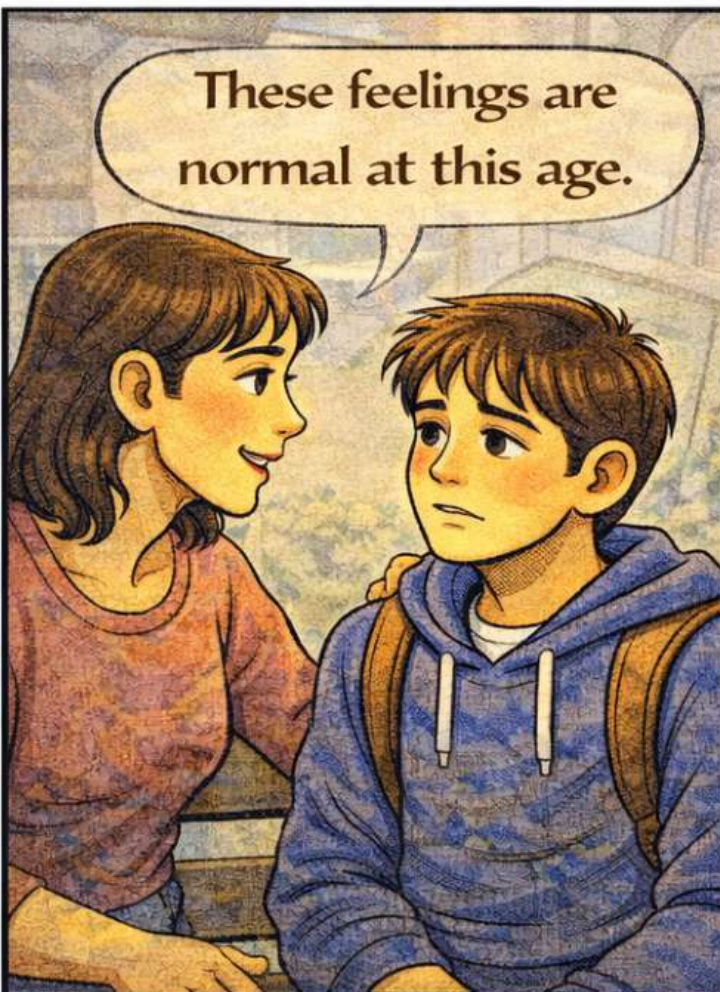


Romantic Feelings

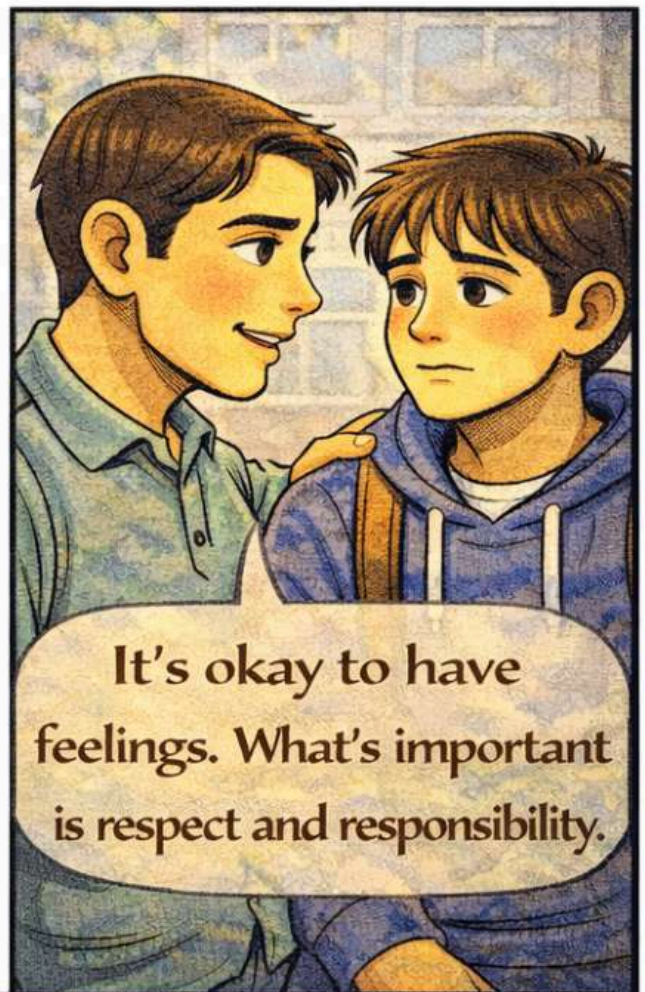


Why do I feel nervous around her?

Adolescence is also a time when romantic feelings begin.



These feelings are normal at this age.



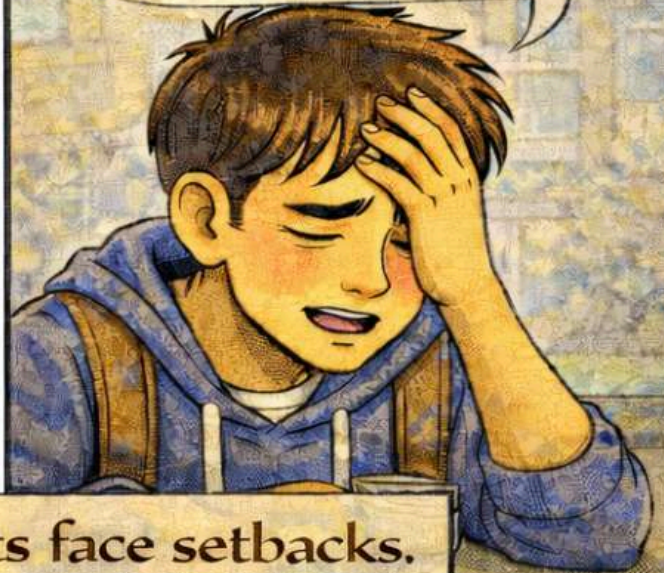
It's okay to have feelings. What's important is respect and responsibility.

Open conversations help adolescents understand relationships.

Coping with Failure



I studied so much...
but I still failed.



Sometimes adolescents face setbacks.

Failure is not
the end.



It is an opportunity
to learn and try again.

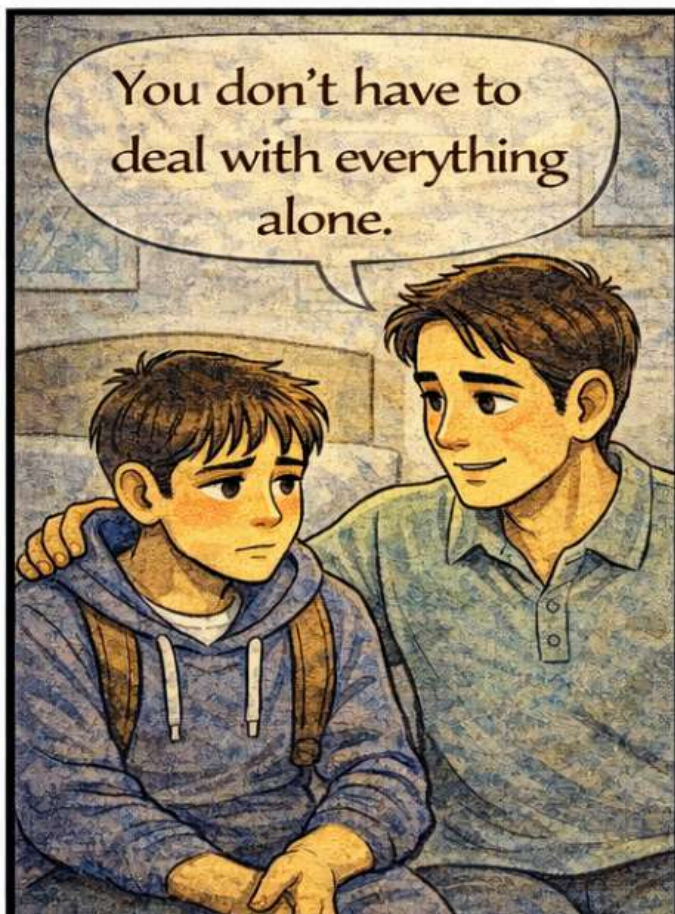
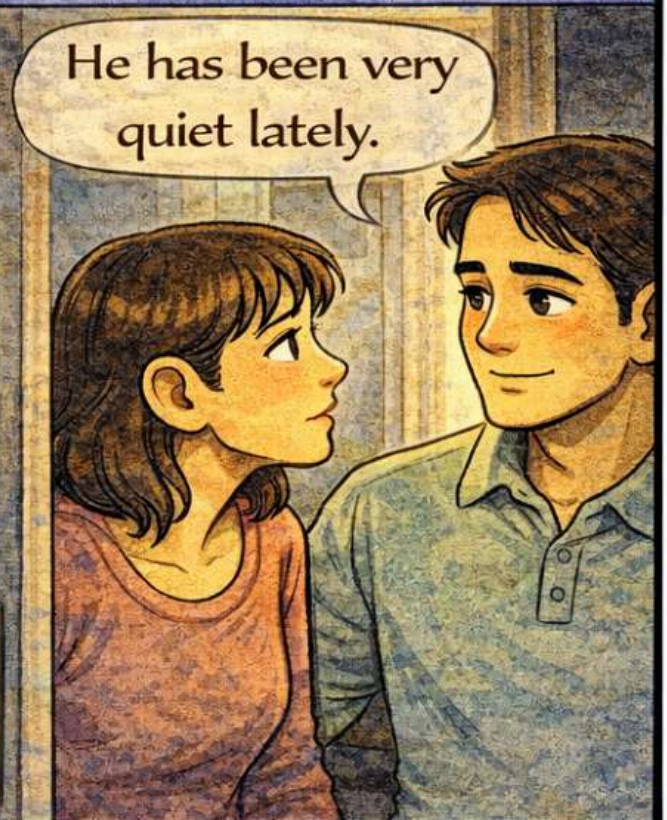


Supportive parents help adolescents
build resilience.

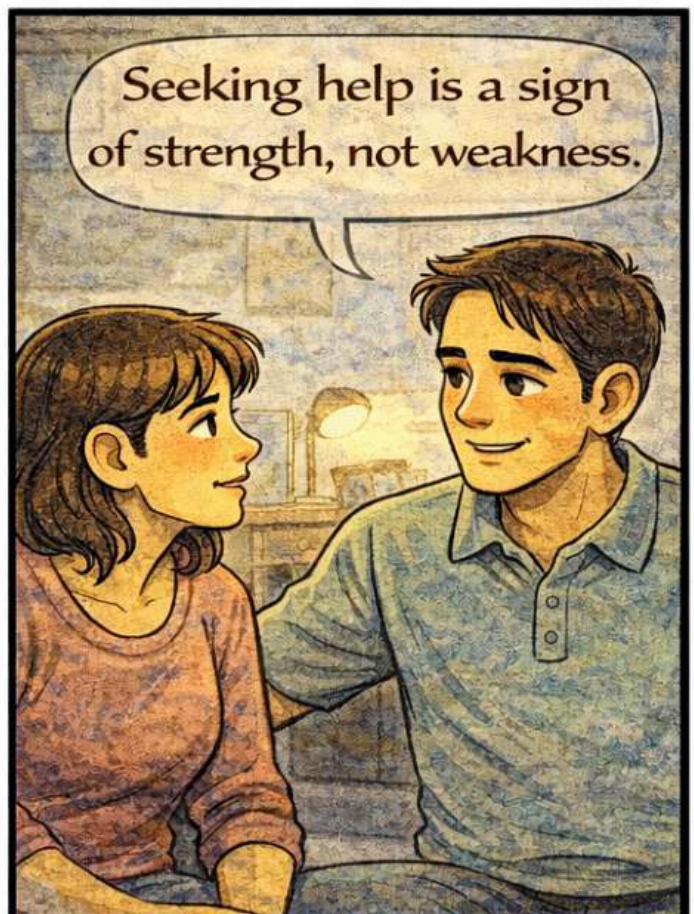
Mental Health Awareness



Sometimes adolescents may struggle with stress, sadness, or anxiety.



Seeking help is a sign of strength, not weakness.



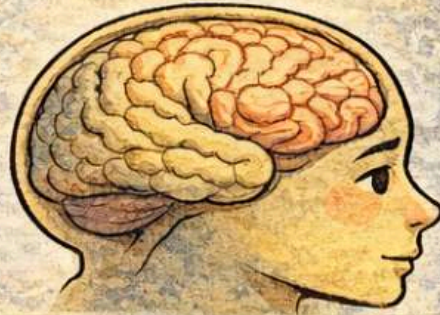
Why Parenting Strategies That Seemed Effective in Childhood Become Ineffective During Adolescence

Child Brain



More focused
& dependent

Adolescent Brain

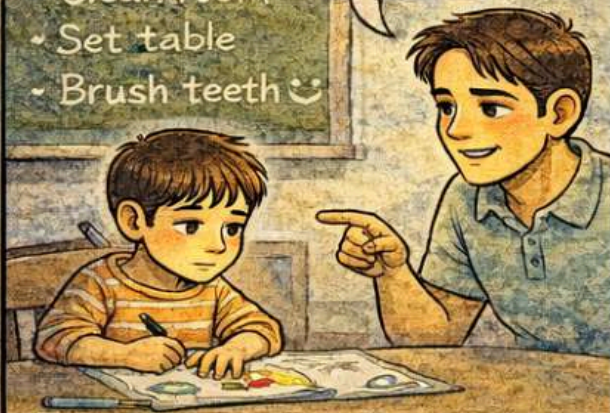


Control-Based Parenting

Chores

- Clean room
- Set table
- Brush teeth ☺

No. Do your chores now!



Effective in childhood
(commands & control)

Guidance-Based Parenting

How can we work together to handle your chores?



More effective in adolescence
(communication & guidance)



More independence
Pushing for autonomy.



Identity seeking
Questioning themselves.



Peer influence
Valuing friends' opinions.



Complex reasoning
Thinking critically

CHANGE



Adolescents are developing independence, identity, and critical thinking. Communication and guidance become more effective than commands and control strategies that worked in childhood,

