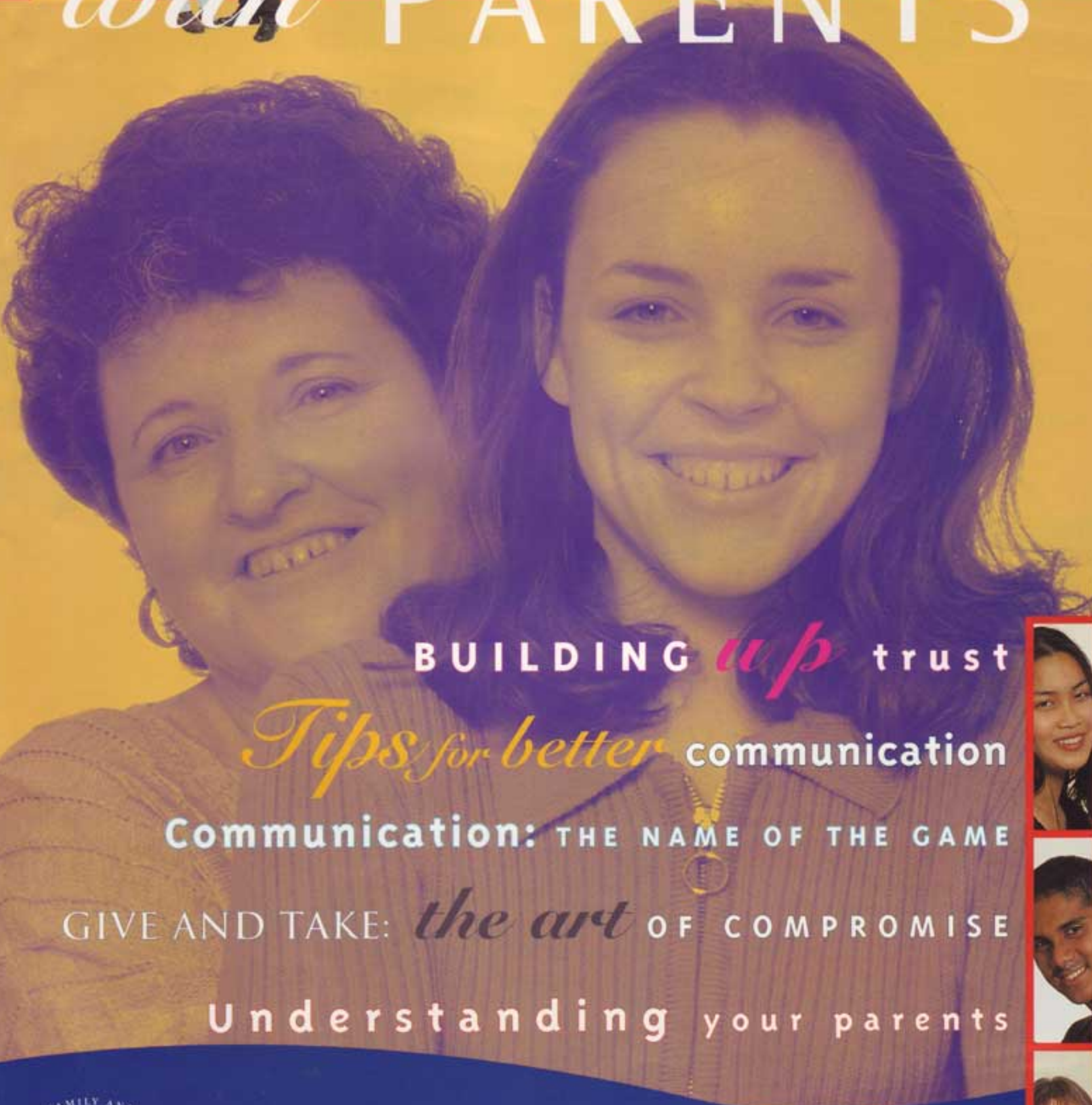


LIVING

with PARENTS



BUILDING *up* trust

Tips for better communication

Communication: THE NAME OF THE GAME

GIVE AND TAKE: *the art* OF COMPROMISE

Understanding your parents



As you move through your teenage years, the physical and psychological changes you'll face are a normal and important part of adolescence. Adolescence is the period of time between the ages of 13 and 18.

being

13 A teenager

5

This can be an exciting and scary time. One day you feel like a mouse who is afraid to come out of its hole and the next day you feel superhuman.

But you're not the only one who's confused. Your parents are also unsure of you at this time. There are times when they don't know what to think about your new independence, especially about relationships with people outside the family and the opinions you form.

During adolescence, teenagers and their parents have to gradually change the way they relate to each other.

During puberty teenagers face rapid physical changes to their body including increased body hair, voice changes for boys, and for girls, the development of breasts and the start of periods.

Technically speaking, puberty begins for girls when their periods start, on average at the age of 13, and for most boys, puberty begins at about the age of 15 when their bodies begin producing sperm.



One of the biggest tasks you will face is finding your own identity – that is, who you are. You may ask yourself all sorts of questions to work this out.

Can I make it on my own?
Will I be a success?
Am I lovable?
Am I dumb?

Am I what I imagine I will be?
Am I the hero of my dreams?
Am I what my parents say I am?
Am I really like my friends say?

But remember, it's up to you to choose what you want to be.



Family

Friends

Caught between
family and friends?

Stop

Think

KNOW YOURSELF

Getting to know yourself is another challenge.
How well do you really know yourself? Fill in these
gaps and find out. You may find some surprises.

My best qualities are _____

My favourite pastime activities are _____

My friends say that I _____

I always put off until tomorrow _____

The best advice my mum ever gave me was _____

The best advice my dad ever gave me was _____

The music I like listening to is _____

Things that mean a lot to me are _____

I would hate to be without _____

If I was a magician I would _____

My friends are _____

My teachers are _____

The most difficult thing I have ever done was _____

In three years I will be _____

In 10 years I will be _____

I feel most proud of _____

I become embarrassed when _____

I am upset when _____

What I would like to change about me is _____

I feel happiest when _____

18 Get advice

Choose