



Problems Of Adolescence And Their Solutions



Physical changes such as fuller breasts and periods in girls, voice change in boys, acne, and increased body weight.

Solution: Explain that these are normal changes every teenager experiences and help them through dietary changes and exercises.

Behavioral changes such as aggressiveness, stubbornness, impulsiveness, making drastic changes due to peer pressure, and indulging in risky activities.

Solution: Do not judge or criticize, but listen to make them understand right from wrong, monitor their behavior to spot signs of substance abuse, and seek professional help if needed.



Educational challenges due to the competition and pressure to excel while juggling extracurricular activities.

Solution: Provide them the encouragement they need and don't burden them with chores that could take up their time. Help them stay healthy with good nutrition and daily exercise.

Relationships and sexual curiosity. They may get into relationships and indulge in sexual activity due to intense emotions, which may sometimes land them in difficult situations.

Solution: Have the "talk" with them but don't force them to talk about something they are uncomfortable about. Explain to them how they should navigate through this phase responsibly.

