



#hERHealth

A Social awareness initiative of the Nasik Obstetrics and Gynaecology Society

Why is adolescence a different & important phase of life

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A time of change, a time of flux, a time when one feels caught between the carefree world of childhood and the responsibility of adulthood.

Adolescence a unique and important phase of life characterized by rapid physical, emotional and cognitive changes as well as a heightened sense of identity development and a growing sense of independence. The body grows the mind expands yet the heart feels heavy with the weight of uncertainty.

Adolescence typically begins around the age of 10 and last until the age of 18.

During this time the adolescent juggles between dealing with the physical changes of growth spurts and development of secondary sexual characteristics that is axillary hair, breast development, pubic hair and changes in brain structure and function.

Adolescence experience more intense and frequent emotions leading to mood swings, anxiety and depression which are exacerbated by the challenges of navigating the rocky shoals of hormonal shifts, social pressures and the push pull of familial expectations and peer relationship.

Identity development is a key aspect of adolescence involving experimentation with different roles, beliefs and values. It is a critical time for the development of self-esteem and self-confidence as well as the formation of long term goals and aspirations.

Physical changes of adolescence

1. Growth spurt : rapid growth in height and weight

girls 10 to 14 years

boys 14 to 17 years

2. Acne

3. Body odour & body hair

4. Breast development in girls

5. Penile & Testicular development in boys. Boys begin to experience erections and ejaculations

Cognitive and mental changes

1. abstract thinking

reasoning skills

impulse control and the risk taking behaviour

creativity

problem solving ability
decision making skills
emotional changes
self-confidence and self-esteem
empathy

social changes
developing an interest in their sexuality and romantic relationships
dealing with challenges independently
spending more time with peers and family

moral changes
developing morals and values that last throughout life
developing empathy
understanding rules and limitations
developing religious and spiritual beliefs

Role of parents and others

give the child undivided attention when they want to talk
listen carefully and concentrate on understanding the child point of view
speak courteously and pleasantly ;your tone can establish the mood of a conversation
understand the child feeling
do not be judgemental
avoid humiliating the child
encourage the child to test new ideas in conversation
encourage participation in activities of their choice not your
comment the child frequently and appropriately
encourage participation in family decisions

Role of Adolescent

Understand parents/ teachers are not your enemies
Listen to them with an open mind
for practical improvements and considerate in conclusion let no help let us help the
adolescent face this wonders time of transformation with confidence and make them
aware of their Spark of billion And flame of potential which can set the world of Fire