



ADOLESCENCE AND ATTRACTIONS



“MEIN SOLAH BARAS KI, TU SATARA BARAS KA,

MIL NA JA NAYANA, EK DO BARAS JARA DOOR REHNA, KUCH HO GAYA THO PHIR NA KEHNA ...”

Exactly! We are talking about adolescence. It is a transition phase from childhood to adulthood from age 9-19 yrs. It is an important phase for laying down a foundation for good health and quality of life. This phase is divided into 3 stages Early (9-13 yrs.), Middle(14-16yrs), Late (17-19 yrs). There is rapid growth on physical, cognitive and psychosocial grounds. Adolescence is the dawn of sexual attractions. These feelings can be intense, confusing and sometimes overwhelming. These are seen in the middle stage of adolescence. Teens might feel attracted to opposite sex and start having sexual thoughts about someone. This is absolutely normal. It happens to everyone irrespective of generation or era.

The biology behind this attraction is release of hormones from the hypothalamus and anterior pituitary gland. These hormones act on the sexual organs increases the release of hormones - androgen and estrogen hormones leading to these sexual attractions and thoughts.

Now the question is, how do we react to these feelings? A teens brain is not neurologically mature, especially the frontal region and the hypothalamus which are responsible for self-

control & risk analysis. That is why some teens are not able to anticipate the results of their sexual attractions and sexual behavior making their crush uncomfortable.

So it is important to navigate them properly through this phase.

Parents play a very important role here. Today 's teen lives in a world loaded with digital devices and internet platform from where information can be gathered which may not be correct or too much for their maturing minds.

Parents are the best navigators some tips for the same

- LISTEN AND COMMUNICATE-Don't be judgmental. Listen and talk about their crush or friends. Use this time to teach them to set boundaries in friendship and establish a healthy relationship.
- AWARENESS-Parents should know their kid's passwords to have full access to their social media. But don't make sarcastic comments or embarrass them.
- SET RULES-Prohibit certain sites, web series, TV programs and give them a valid reason for the same.
- HEALTHY ENVIRONMENT AT HOME-Development is largely influenced by family background, social and cultural habits.
- EXPERT HELP-Parents who find it difficult to bond or speak with their teens should consider taking expert help for parenting or counseling of the kids.
- Take up responsibility of educating the teenagers regarding importance of sexual health, pros and cons of early sexual act, STDS etc

TO ALL THE TEENS OUT THERE...

Don't suppress your feelings or questions,

Break the Silence.

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