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Menopause, Andropause And Other Hormone Imbalances
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The Physical and Mental Changes in Your Teens

By Monica Craft

17 June 2006, The physical and mental changes can create doubts and incomprehension and can

change ideals; each young person reacts to this stage of life in his/her own way, according to his/her personality and his/her past experiences. Adolescence a very difficult stage of life in which many transformations happens in the mind and the body of a boy or girl. In the meantime, the child's social role is abandoned in order to acquire a new role in adult life.

The transition from child to adult is difficult for teenagers also. So many changes occur in these short years that it is not surprising that they feel at times confused, frightened and lacking in confidence. Physically, their bodies grow and change in ways that might make them feel awkward and self-conscious. Emotionally, they can be subject to great mood swings as they discover the range of human emotions. From intense feelings of love and infatuation to anger and hatred, teenage emotional life can be like a roller coaster.

Physically, teenagers become fully developed and can experience intense sexual feelings that can be alarming to them, especially if they have no one to talk to about what is going on. Intellectually, teenagers also make great gains, being able to analyze things and to develop their own opinions and views. They can begin to see the inadequacies in the parental world (and often are very eloquent in pointing this out) and wonder about their role and meaning in life.

<http://www.abundantlifeacademy.com/>

"> Teenager are under pressures, some of which are greater

than in previous years, and need the support of their parents more than ever

There are so many pressures on teenagers to be involved in drugs and alcohol or to become sexually active at too young an age. With their increasing independence, you can also fear for their safety, worrying that they might be attacked or placed in very unsafe situations.

. An interesting fact found in studies is that teens are more concerned about drinking and driving than

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are their parents. And the facts also show that the number one preventive measure is talking to teens. The simple practice of discussing issues such as drinking, drug use, and other high-risk behaviors has a significant impact on adolescent behavior. Start with young teens. Evidence shows that some teens begin experimenting with alcohol when in middle school. Some children as young as 8 or 9 report having tried alcohol. Parents who discuss alcohol use with their children in an informative manner and set guidelines and expectations for behavior can significantly impact their child's tendency to experiment.

Educate your child about the risks and consequences of drinking. This doesn't have to be a shouting match. Give your child materials that will teach them about the sad results of teens who have used and/or abused alcohol. Let them know you have a zero tolerance policy when it comes to illegal use of alcohol. Be sure you are not giving mixed messages by irresponsibly using alcohol yourself.

Sometime you feel that your teen is lying to you. You may find your child lied simply because they knew the behavior was wrong and they didn't want to get caught. This will mean you need to let them know in very clear terms what behaviors are unacceptable and what the consequences will be, not only for repeating that behavior, but for lying about it.

Teaching respect for racial diversity

In our ever-changing world, learning to live with and respect others' cultures and backgrounds is an important lesson for children to learn. But how do you initiate these lessons? Do you bring up the subject with your children, and, if so, when? Or do you let kids come to you with questions? Many parents feel that we need to be careful not to point out differences that our kids might not necessarily recognize, but to also have thoughtful responses ready for the day when they become inquisitive about cultural differences.

It's important for parents and other professionals to work together with the child to solve the problem.

It's important to never give up our educational role as parents, but is equally important to try and make teen-agers understand the motivation of the advice (or prohibitions) we give them in order to let them feel understood and cared for.

If you have any trouble managing your teens and need any help you may login to these website.They can be of great help.

<http://www.abundantlifeacademy.com/>

<http://www.troubledteens4jesus.com>

<http://www.troubledteenministries.com>

<http://www.abundantlifeacademy.com/>

Abundantlifeacademy It is a school for troubled teens that

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have a great deal of academic potential and a good heart, yet they are currently off track, lost, and wandering in the desert (selfish, ungrateful, and lazy)... in need of immediate infusion of God's precious Spirit and a restored relationship with Jesus Christ (selfless, thankful, and motivated to excel). They have numbers of programs for your troubled teens.

Moinca Craft For listings please visit

Troubled Teens Programs and Homes

Crohns Disease And Teenagers

By Sharon Dobson

The teenage years are one of the most influential periods in the life of a young person. According to psychological studies many of the developments that take place during these years will impact upon development throughout the entire lifespan of an individual. Therefore, it is vital that whatever difficulties arise be dealt with in a reasonable manner.

While Crohn's Disease normally manifests after the teenage years it is not completely uncommon for the disease to show during this period of time. If Crohn's develops during adolescence it is best that you know how to help your child deal with the disease in the appropriate way.

Teenagers can be particularly cruel to one another. Therefore, a teenager suffering from Crohn's Disease can be at risk of being singled out by his or her peers and teased about their condition, especially the physical side effects of it. In addition, due to the sometimes sudden flare ups of Crohn's, the day to day lives of teens can be affected. Sudden urges to go to the bathroom can disrupt the ability to learn in class, enjoy comfortable social development, and contribute to a lack of self-esteem.

Besides the physical symptoms of Crohn's Disease, many sufferers and especially teens, are vulnerable to depression due to the disease. This is not a physical ramification of Crohn's, but a mental one. Feeling excluded, damaged, and unable to participate can send teenagers spiraling into a state of depression that can be even more damaging than suffering from the physical symptoms of Crohn's Disease.

Furthermore, when a teenager is depressed it does not only affect the mind. Depression leads to a weaker immune system, putting teens at greater risk for developing a host of other illnesses. As it stands, the teenage years are notoriously difficult anyway, adding the unwanted burden of Crohn's can make them completely insufferable.

It is interesting to note that one of the most commonly prescribed medications for those with Crohn's is antidepressants. Many teenagers suffering from Crohn's may not even tell a parent or guardian about their difficulties. Instead, they may simply withdraw into isolation or demonstrate other symptoms of adolescent depression such as anger or rebellion. It is important to try and develop an open relationship with your teenager in order to encourage the trust required to treat both the physical and emotional effects of Crohn's Disease.

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For more information on how to deal with adolescent Crohn's Disease, you should speak to a mental health practitioner, preferably one that specializes in dealing with children. Remember, the battle with Crohn's Disease does not only occur on the physical front. The emotional battle between Crohn's and the teenager needs to be addressed in order for the conflict to be resolved.

Sharon Dobson has an interest in Crohn's Disease. For further information on Crohn's Disease please visit

<http://www.natural-crohns-disease-relief.com/crohnsdisease.html>

or

<http://natural-crohns-disease-relief.com/blog/2006/09/27/crohns-disease-and-teenagers/>



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