

Puberty

The effects of puberty on my **emotions**

- I will be aware of links between my **mood swings and the changes** I am going through
- I will explore how to best deal with my mood/ anger/ frustration in this 'in between' stage in my **development** as an adult

What is **puberty**?

- An increase of sex hormones **Physical**
- Body changes (height, hair growth, body shape)

- Seeing yourself as an individual
- Seeing others in a different way (parents, teachers, etc)

Emotional

What causes conflict with my parents?

- Homework
- Clothes
- Video games
- Internet usage
- Music choices and volume
- Friends
- Bedroom
- Choice of leisure activities

What causes **conflict** with my friends?

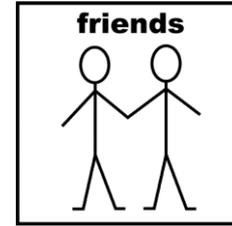
- Other friendships, new mates
- Misunderstandings, arguments
- Girlfriends or boyfriends
- Choice of things to do together
- The way they talk to me, making me feel bad about myself
- They do not listen to me, they only talk about themselves
- Jealousy

How to keep **parents** happy



- Keep them involved, **tell them** your plans, how are you feeling about things
- Ask their advice, **listen** and if you disagree tell them why
- Accept that they have the right to lay down some rules, be willing to **meet them halfway**
- Try **not to lose your temper**, if you show them you can accept when they say no, may be they will be willing to say yes in the future
- When going out, tell them **where and with whom**, agree a time when you will return and ALWAYS let them know I you are going to be late
- **Help more** around the house, without waiting to be asked

Give and take with **friends**



- Try to **not demand too much** support and attention without giving some in return, they will find resentful and used
- Show **mutual respect**, try to feel the same way about each other
- If you let a friend make you into a doormat by telling you **how to behave and what to do**, then you are not being fair to yourself or to them.

Body language



- **Think tall**, take a deep breath, unfold your arms, drop your shoulders... you'll see the difference!
- **Keep hands down**, avoid trying to hide any part of your face with your hands... this will only call attention to what you want to hide.
- **Sit on your hands** if you have to! Playing with your hair chewing your nails or sucking your fingers or thumb are dead giveaways if you are feeling insecure.
- **Make eye contact**, looking away says that either you think they are boring or you are scared of them.