

Psychology study

(.n)
/'tru:ənsi:/ - [tru·an·cy]

truancy

The act of playing truant, or the state of being truant; as, addicted to truancy.



Teenager problems

How To Deal With Common Problems Of Adolescence

Adolescence is not an easy time for kids or parents. The only way to deal with needs and problems at this age is to know about them and be ready to face them. Here is our list of the most common problems, and their solutions that adolescents have to deal with.

1. Physical changes



Physical changes happen due to change in the teenager's hormone levels.

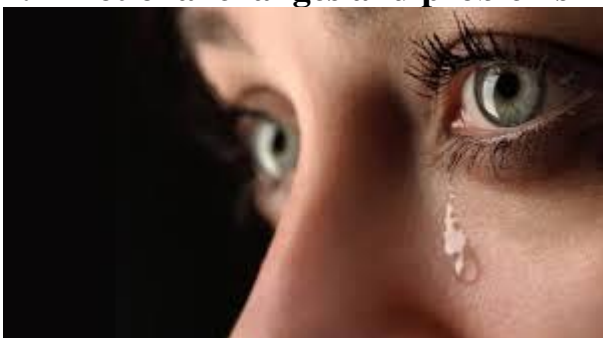
- Development of full breasts in girls can be awkward in the beginning. Girls may start to feel conscious about their figure.
- Change of voice and appearance of facial hair in boys is perhaps the most prominent change that takes place during adolescence.
- Acne is one of the major problems.
- Muscle gain sometimes leads to excessive body weight in teens.
- The growth of pubic hair in girls and boys.
- Body odor becomes evident.
- Girls start their periods.

Solution:

The best way you can do to help your teenager get through the stage is to make them aware of these changes.

- Explain that it is normal for the body to change as every teenager goes through it!
- Help them adapt to these changes – acknowledge the change and help them accept it.
- Enable them to stay healthy and fit through a nutritious diet and exercise.

2. Emotional changes and problems



Hormones affect your teenager not only physically but also emotionally.

- Adolescence is the age between adulthood and childhood. Teenagers are often confused about their role and are torn between their responsibilities as growing adults and their desires as children.

- They tend to feel overly emotional (blame it on the hormones). Just about anything and everything can make them happy, excited, mad or angry.
- Adolescent girls are vulnerable to crying.
- Mood swings are common among teenage boys and girls.
- Bodily changes result in self-consciousness.
- Children who hit puberty early may even feel weird.
- Feelings of inferiority or superiority may arise at this time.
- Adolescence is the age when sexual feelings arise in youngsters. Feelings and thoughts about sex can trigger a sense of guilt.

Solution:

Puberty can be an emotional roller-coaster ride. And it is normal. Here is how you can help your kid deal with these emotional problems of adolescence.

- Assist them to take care of themselves. Tell your teenagers that it is okay to feel the way they are feeling.
- Encourage them to exercise as physical activity helps keep the serotonin (creates good feelings and happiness) levels up.
- Let them talk. Listen to them without judging and avoid giving them advice when they are not ready for it.
- Share your experiences of puberty or let them talk to an older sibling who has gone through the same. It will emphasize that it is okay to feel the way they do.
- Indulging in a creative activity can help them channelize their emotions.

3. Behavioral changes



Overwhelming emotions can lead to impulsive behavior, which can be harmful to your child as well as others. Mostly, it is just teen behavior that will last as long as their adolescence.

- Adolescence is the time when kids develop and exercise their independence. This can give rise to questioning the parents' rules (seen as argumentative) and standing up for what they believe is right (seen as stubbornness).
- Significant developmental change in the brain makes teens moody, tired and difficult to deal with.
- The raging hormones in teenage boys can even push them to get into physical confrontations. They would also want to listen to loud music.

- As a part of their new-found independence, adolescents may also want to try new things and take risks, resulting in careless behavior.
- Sometimes, peer pressure and the need to ‘fit in’ can make them behave in a certain way or develop certain habits that are hard to break.
- Your teen’s dressing, hairstyle, and sense of fashion also change, mostly to something that you may not approve of.
- The most troubling behavior is perhaps your teen hanging out with problem kids and adapting to a dangerous lifestyle.
- Lying is one of the common teen behavioral issues. Teens may lie to avoid confrontation with parents or out of fear.

Solution:

- Behavioral problems in adolescence can make life difficult for parents. But remember that it is a passing phase, and is entirely normal.
- Gaining your child’s trust is important if you want to help him with behavioral issues. Talk to them and listen to what they have to say. Do not judge or criticize them, as it could worsen their behavior.
- Let them know that you love them just as they are. Encourage them to be true to themselves and not take on a personality just to please others.
- Remember that your adolescent child is not completely independent in dealing with his emotions and needs your support. Help him by telling him what you do when you are feel sad, angry, jealous, etc. He can try those solutions to come out of his own emotional issues.
- You will have to intervene if you see them falling into bad company. Remember that adolescents are sensitive and may not take criticism well.

Does My Teen Need Help?

A Questionnaire for You to Take

Read the list of 30 questions below and use the mouse to put a check by every question that applies to your child. After completing this questionnaire, score. Then refer to the scoring guide below to see which options are most suitable for your child, based upon the total number of questions that you checked as positive.

1. Does your teen struggle with basic family rules and expectations?
2. Has your teen ever been suspended, expelled, truant or had a drop in school grades?
3. Has your teen ever been verbally abusive?
4. In your opinion, does your teen associate with a bad peer group?
5. Has your teen lost interest in former productive activities, such as hobbies and sports?
6. Do you have difficulty getting your teen to do simple household chores or homework without a major fight?
7. Has your teen had problems with the law?
8. Do you find yourself picking your words carefully when speaking to your teen so as not to elicit a verbal attack or rage from them?

9. Are you worried that your teen may not finish high school?
10. Does your teen, at times, seem depressed and/or withdrawn?
11. Is your teen's appearance or personal hygiene outside your family standards?
12. Has your teen ever displayed violent behavior?
13. Is your teen manipulative or deceitful?
14. Does your teen seem to lack motivation?
15. Do you suspect that your teen is telling lies or has been dishonest with you?
16. Are you concerned that your teen may be sexually promiscuous?
17. Have you seen any evidence of suicidal thoughts, such as statements that your teen wanted to be dead, etc?
18. Do you suspect that you have had money or other valuables missing from your home?
19. Are you concerned that your teen's behavior is a threat to his safety and well-being?
20. Does your teen seem to lack self-esteem and self-worth?
21. Do you have a lack of trust with your teen?
22. Is your teen angry or displaying temper outbursts?
23. Does your teen have problems with authority?
24. Does your teen engage in activities you don't approve of?
25. Do you think your teen is using or experimenting with drugs and/or alcohol?
26. Are you concerned about your teen's well-being and future?
27. Does your teen seem to be in constant opposition to your family values?
28. No matter what rules and consequences are established, does your teen defy them?
29. Are you exhausted and worn out from your teen's defiant or destructive behaviors and choices?
30. When dealing with your teen, do you often feel that you are powerless?

Based on the number of your **checked responses
our recommendations would be as follows:**

| | |
|---|--|
| <p>18+ Checks HIGH RISK! GET HELP!</p> | <p>A Residential Center, Treatment Program, or Specialty School is STRONGLY RECOMMENDED. The WWASP Treatment Programs offer excellent residential treatment options in facilities throughout the United States, Mexico and Jamaica.</p> |
| <p>9-17 Checks BORDERLINE RISK</p> | <p>The problems may be resolved by tightening up the Family Rules and Structure.</p> |

| | |
|---|--|
| | However, a Residential Treatment Center or Specialty School may need to be considered if things don't improve or if the situation worsens. |
| Up to 8 Checks MODERATE RISK | Tighten up family rules and be consistent with your monitoring. Most important - FOLLOW THROUGH. When you say something will happen, your teen must see it happen! |

To be continued

Газета подготовлена старшим преподавателем кафедры английского языка
Акулич Ю.Е. и студентами групп Пс-11, СР-15