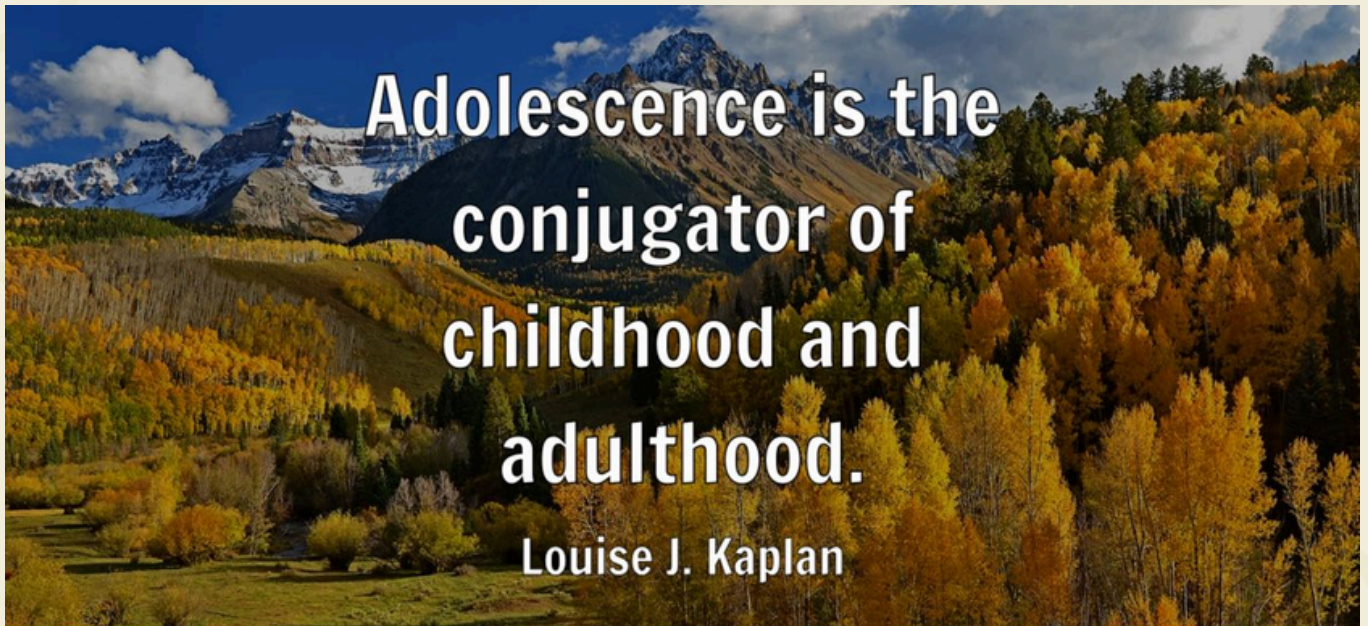


# Growing up!

- From childhood to adolescence



## Counsellor's Newsletter



<https://sl1nk.com/aywgy9>

Adolescence is often described as a bridge between childhood and adulthood, and as Louise J. Kaplan beautifully expresses, it is the “conjugator” that connects these two phases of life. This stage is filled with growth, self-discovery, and emotional change, making it a crucial time for self identity. As learners navigate new responsibilities, relationships, and identities, nurturing empathy, resilience, and self-awareness becomes essential.

Research in developmental psychology, particularly the work of Jean Piaget, highlights that adolescents enter the formal operational stage, where they begin to think abstractly, reason logically, and question the world around them. This cognitive growth can lead to confusion, overthinking, and emotional sensitivity. Similarly, Erik Erikson identified adolescence as the stage of Identity vs. Role Confusion, where learners explore who they are and where they belong. Without adequate support, this exploration can result in self-doubt, peer pressure, and anxiety.

Modern research also indicates:

- increased sensitivity to peer acceptance and social comparison
- emotional fluctuations due to hormonal changes
- impact on decision-making and impulse control
- a growing need for independence, often leading to conflicts with authority members. Therefore, understanding them in this phase is vital.



## At DYPIS:

Supporting adolescents during this transition helps them build a strong foundation for confident and compassionate adulthood. Hence, we at DYPIS, arranged a workshop on "Adolescence" for boys and girls.

During this phase the important change occurs in Puberty. It is a natural and vital phase of growing up. To support our learners during this transition, creating a safe and respectful space to understand the changes they experience is necessary. The session was led by guest speaker Ms. Neelu, who is a Sexuality Educator, Researcher, Child Safety Agent and Experiential Learning Facilitator, presented the topic with a child-friendly and open-minded approach.



The focus of the session was on physiological (physical) changes, understanding how their bodies grow and develop. For girls, discussions included changes such as the onset of menstruation, development of secondary sexual characteristics, and the importance of personal hygiene. Boys explored topics like voice changes, growth spurts, and physical development. Emphasis was placed on normalizing these changes and encouraging learners to ask questions openly. Equally important were the emotional and social changes that accompany this phase.

Learners learnt about self-consciousness, PMS, mood swings, increased sensitivity, the need for privacy, personal hygiene and developing self-identity and their impact on behaviour. Presentation and discussions encouraged them to express their feelings, understand that these emotions are normal, and develop healthy coping strategies such as communication, mindfulness, and seeking support from trusted adults.



## Tips for Parents:

As children transition into adolescence and then into adulthood, their need for emotional support does not disappear—it evolves. They face new responsibilities, independence, and identity-related challenges. Parents continue to play a vital role, not by directing, but by guiding, supporting, and staying connected. Here are some tips for parents to improve their communication with children and build strong bonds with them.

### 1. Shift from Control to Connection

Adolescence and adulthood calls for independence. Instead of instructing, focus on listening and understanding. Create a space where your child feels safe to share without fear of judgment or immediate advice.

### 2. Encourage Open Communication

Regular, honest conversations build trust. Ask open-ended questions like “How have you been feeling lately?” rather than only focusing on achievements or outcomes.



<https://sl1nk.com/elt7uth>

### 3. Respect Their Individuality

Each young adult develops their own values, beliefs, and goals. Support their choices, even when they differ from your expectations, while gently guiding them when needed.

### 4. Be Available, Not Intrusive

Offer support without overstepping. Let them know you are there whenever they need guidance, but avoid constant monitoring or unsolicited advice.

## 5. Normalize Seeking Help

Help reduce stigma around mental health. Encourage reaching out to counselors or professionals when needed, just as one would for physical health concerns. Supporting your child into adolescence to adulthood means becoming their anchor rather than their authority. With empathy, trust, and open communication, parents can foster emotionally strong, independent individuals who feel secure in navigating life's challenges.



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