

Always Changing & Growing Up

Feeling Great

Everyone develops at their own pace, physically and emotionally. It's an exciting time, as you mature and become a more responsible person with your own likes and dislikes.

But it can be a confusing time too. While your friends are going through similar changes, your parents/guardian and family may struggle to understand how you're feeling.

The important thing to remember is that everyone's different. Everyone has their own thoughts, views and ambitions and, while it's important to listen to and try to understand the people around you, you should always make the choices that feel right for you.

No one expects to have a completely smooth transition from being a teenager to becoming an adult. It's a time of great change, when you can begin to develop a sense of who you are and what you want from life.

1. In the space provided, make a list of all the advantages of being an adult.

Advantages
of being an adult

2. In what ways is becoming an adult both exciting and worrying to you?

3. How can you make the most of the advantages?

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Continued

4. Read the quotations below:

- “Now that I am getting older, I feel as if I can take responsibility for my own life and actions. But I end up arguing with my parents — they treat me like I’m still a kid. It’s making me very frustrated — why can’t they understand I’ve grown up?”
- “My parents keep telling me I’m moody. It’s true — sometimes I feel really down and irritable, but then I feel happy and excited. When’s it all going to calm down?”
- “I’ve got a great group of friends. I can talk to them when I can’t talk to my parents. But sometimes they do things that I don’t feel comfortable with. I’ve got my own views and I don’t want to do something just because my friends tell me to. But I don’t want to be lonely either. My parents say I’ll make new friends, but I’m shy and find it hard to meet new people.”
- “I’m confused about who I am. Sometimes I feel very lonely, and I don’t know where I’m going or what I want. Everyone says it’ll settle down, but I’m not so sure. I wish I could talk to my friends about it, but they all seem so busy.”

a. Pick one of the scenarios above. What advice would you give to this person?

b. Pick another scenario above. What advice would you give to this person?

c. What other problems might people your age worry about? What advice would work for them in their situation?

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