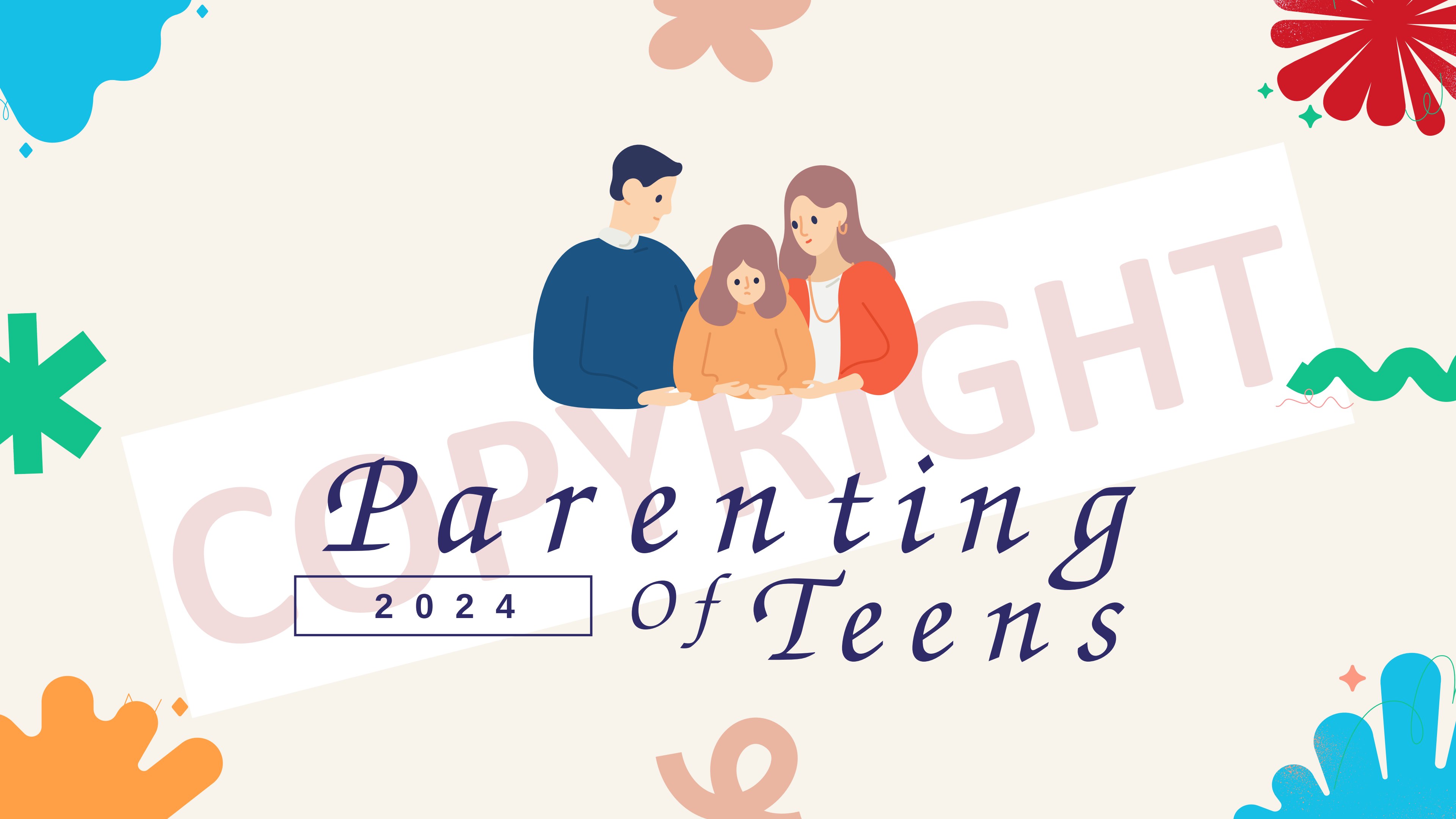




Parenting
of *Teens*

2024



physical development

- Puberty: Many 12-year-olds, especially girls, are beginning to go through puberty. This is a period of rapid physical growth and sexual maturation. Girls may experience breast development and the onset of menstruation, while boys may notice an increase in height and the deepening of their voices.
- Growth Spurt: Preadolescents often experience a growth spurt during this time, leading to significant increases in height and weight.
- Body Image: Adolescents may become more aware of their bodies and may experience body image concerns and self-consciousness.

Cognitive Development

- Abstract Thinking: Cognitive abilities continue to develop, allowing for more abstract thinking and problem-solving. Adolescents can think beyond concrete situations and consider hypothetical scenarios.
- Increased Independence: As they develop cognitive skills, preadolescents may seek more independence and autonomy in decision-making.

Emotional Development

- Identity Formation: Adolescents are exploring their identities and may question who they are and where they fit in. They may experiment with different roles and interests.
- Emotional Intensity: Emotions can be intense and fluctuate rapidly during this stage. Adolescents may experience mood swings, frustration, and occasional conflicts with peers and adults.
- Peer Relationships: Friendships and peer relationships become increasingly important, and peer influence can be significant.

Social Development

- Social Awareness: Preadolescents become more socially aware and start to understand social norms, expectations, and group dynamics.
- Friendships: Friendships are crucial during this stage, and peer groups often have a significant impact on a child's social development.

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Sexual Development

- Sexual Education: Many preadolescents receive formal sexual education either at school or from parents. They may become curious about sexual matters and start asking questions.

Identity Exploration

- Self-Concept: Preadolescents are developing a more nuanced self-concept and beginning to explore their own interests, values, and beliefs.



Communicate

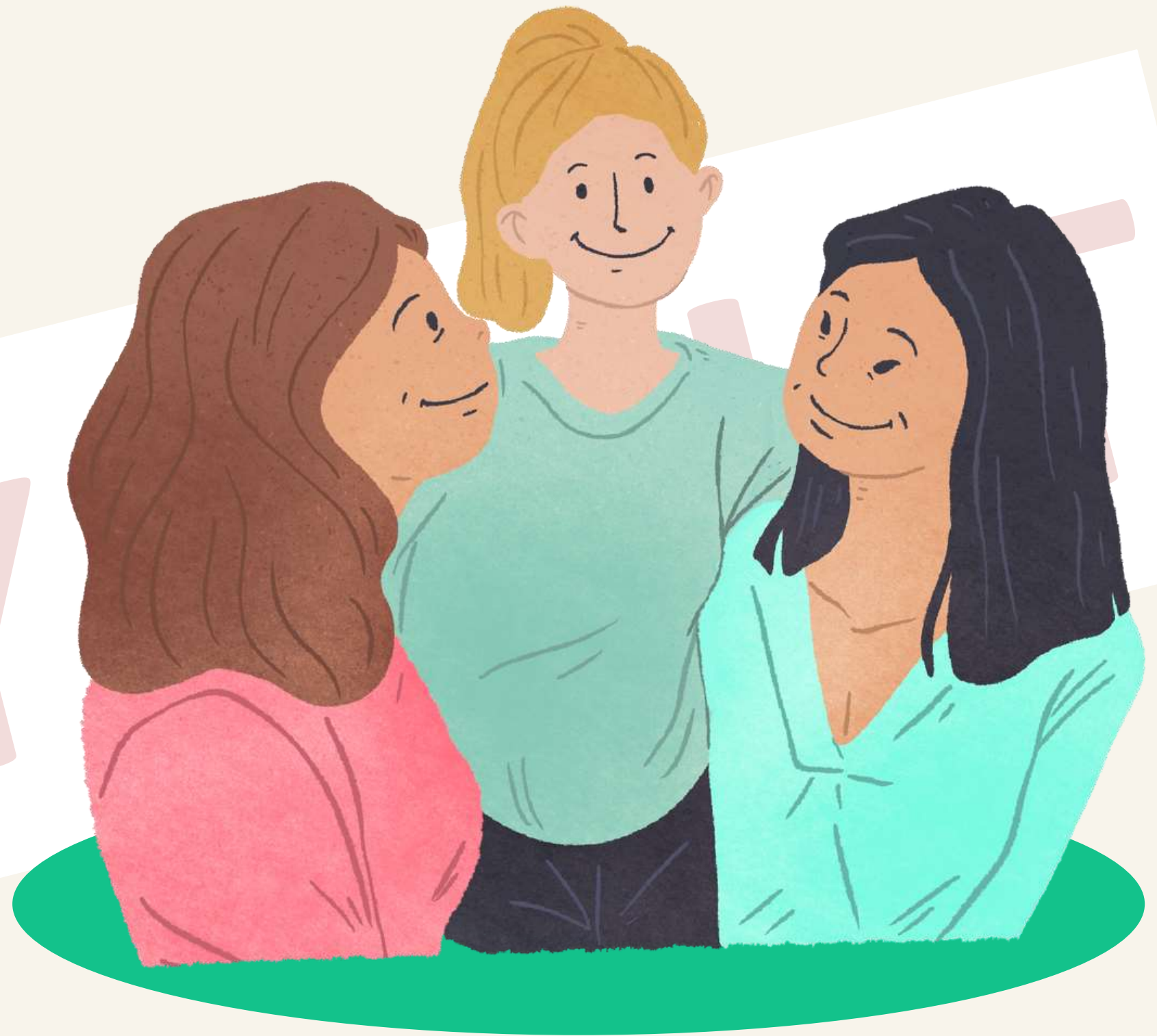
Make sure you communicate with your children both when things are going well and when there are problems. By communicating openly and honestly, you will build trust and respect with your children

boundaries

Say No!

Emotional Regulation

COPY



Thank you for listening!

Contact us on  info@willingness.com.mt

if you are interested in one-to-one sessions with one of our Mental Health Professionals

We Appreciate
your Feedback!



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