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The Life of a Teenager

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### The Life of a Teenager

Young people between the ages of thirteen to nineteen may be termed as teenagers. It's a developmental stage that every adolescent undergoes. These changes that occur are both psychological as well as physical. It's a period in every teen's life marking a change from childhood to adulthood. Additionally, a teenager during this time experiences difficulties as well as memorable moments before the age of twenty. People who have experienced and overcome the pressures of this stage chip in to provide advice and guidance.

Teenagers of today have continued to face hard times on a daily basis. A teenager is faced by both internal and external struggles. Many consider moments such as parental forces, puberty, school pressures and coping with hormonal changes as some of the things that make their lives hard. Also, a teenager who is not privileged to have a close intimacy with parents or a guardian may find going through this developmental stage overwhelming. Interestingly, all these challenges are interconnected. One problem experienced by a teenager if not solved, it invites another. Failure to get help or support may encourage a teenager to indulge in other harmful practices such as drug use, theft, practising unsafe sex and possible teen pregnancies. Apart from that, teenagers during this period are likely to become rebellious and irresponsible. It's not surprising to find they hate and despise everything around them. Most of the time they believe that they know what's best for them and no one can convince them otherwise. This, therefore, creates a very hard time for the teenagers as adults are not even sure where to start so as to offer advice.

The life of being a teenager, however, is not accompanied by struggles only. It has memorable moments that take place every day. Many consider this time as a chance for self-discovery and experimentation. The energy and vitality are realized during this stage. Many

continue to view teenage life being less complicated and interesting. They depend solely on their parents for all the basic necessities such as shelter, food and clothing hence no financial constraints present. Surely, that's a life that every individual under the sun would admire and long for. Some of the best moments may include cycling every day to school with a friend, dreaming how college life will be, group studies, school trips, appreciating the importance of friends and family and many more. Additionally, moments such as experiencing the first kiss makes all the difference in a teenager's life. It's considered the best moment ever.

Advice and guidance would come in handy in a teenager's life. This is because they will help open up someone to realize that this does not remain forever. A word of advice to a younger sibling or friend would be a reminder that the transition comes with more responsibilities.

Moreover, teenage life involves moving from childhood to adulthood. It's therefore important to be respectful and seek guidance and help to those who have already gone through that. Another form of advice would be to encourage the sibling to feel free to open up. This is by sharing the challenges being experienced at that time. Doing this will help facilitate a smooth transition into adulthood as well as promote healthy relationships.

In conclusion, teachers, parents and guardians should be well informed of the problems facing today's teenagers. Also, they should be ready to be part of the best memorable moments of their teenage life. Issues such as drug abuse, use of alcohol, bullying, the practice of unsafe sex and many more can only be minimized if the community tried to assist teenagers fit in and give them a sense of belonging. Additionally, proper parenting should be encouraged so that teens grow to become responsible in future.