



A Glimpse into the teenage world

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Abstract:

Teenagers face real concerns, between 13 and 19 years of age, on a daily basis as this is the most awkward growth stage of their lives. During this time, teens are exposed to some overwhelming external and internal struggles they go through.

Many teens feel misunderstood. It is vital that their feeling and thoughts are validated and that validation comes from their parents, who in turn have to carefully discuss these concerns.

The common issues that teens face today are usually related to:

- They suffer from negative body image
- They long to belong to supportive and accepting communities beyond their family
- They experience stress and difficulty in prioritizing and managing their time
- They feel lots of pressure from peers, parents and society to conform to conflicting expectations.
- They are exposed to on screen violence and unhealthy social media.
- They face bullying online and off.
- They lack good role models, mentors.



Biography:

I've completed my Masters in Counselling psychology from Carmel College Goa, Securing a 3rd rank for the same at State level in the year 2011. I have been in the field of Counselling students for the past 7 years and running.