

Aldo Ballesteros

Dr. Bonds

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### Teens Should Have Privacy

The teenage years are an important time for a growing child. It is a time when they begin to discover more about themselves, a time where they figure out future goals, what they want to do with their lives, trying to figure out how to navigate the world around them. This is a part of a child's life where they get a taste of real-world challenges and learning experiences, it's where personal growth begins. Privacy is a major factor in personal growth, it is crucial if you want a teen to properly develop. Allowing them their privacy helps them become more independent and responsible which happens to be essential in adult life. Also, privacy strengthens a teen's trust in their parents and in doing so creates a healthier bond with them. To add on, emotional development is crucial for a teen, privacy allows them to really have deep, reflectional moments with their emotions and exploration of their identity. Sure, some may argue that too much privacy can be bad and that teens need to be constantly supervised to ensure they stay on the right path but with proper supervision and enough privacy, it will help with their development in the end. Teens should have privacy because it could encourage independence and responsibility, can build trust with their parents, and support their emotional development.

When it comes to independence and responsibility in a teen, privacy becomes important. It's important for teens to have this kind of personal space because it allows for their own decision-making and to be able to learn from their successes and failures. This is a lot of what

adults do on a daily basis, so privacy then becomes crucial for a teen to become a capable adult. According to Children First America, privacy makes the exploration of their identity possible and allows them to figure out how to handle real-world situations without needing a parent to be constantly guiding them. It is a freedom that creates skills in a teen such as problem-solving and enables them to have some sort of honesty or a sense of accountability for their actions. Not only that, but privacy can encourage them to manage their responsibilities and relationships more effectively so that it works for them. This is great because it teaches them how to balance priorities, as they transition to adulthood where they will have many priorities this becomes very crucial. The Center for Parenting Education notes that self-discipline can come from respecting the teen's need for privacy, which is great for adulthood. As Dr. Lucy Russell notes, giving teens freedom allows them to make mistakes and learn from them, which is a critical part of their journey to independence. Not only that, but privacy can also build trust with their parents.

It's important for kids to have trust in their parents and vice versa, some may say that can become difficult when they are in their teenage years. When parents respect a teen's privacy, it can allow for a nice healthy bond between them, building that needed trust. Respecting their privacy shows that the parent has enough confidence to let their child make their own choices, which then strengthens their bond. As said by The Center for Parent Education, "When parents allow some degree of privacy, it sends the message that they trust their teen, which in turn motivates the teen to live up to that trust." Privacy forms a mutual trust between the teen and their parent and it is a nice thing. It can lead to better communication or, if not present before, begin communication among them. Communication is great because kids often start to think and feel differently as they become teenagers and communication between a teen and their parents can comfort the teen to open up about their thoughts and challenges. Raising Children Network

states, “Teens who feel trusted by their parents are more likely to involve them in important decisions and seek their guidance when needed.” It goes to show that allowing privacy balances supervision with respect and not ignoring a teen’s actions. They need privacy to grow, and parents giving them that space builds a strong, trusting relationship. Also, privacy is able to support the emotional development of a teen.

In summary, privacy is a good thing for the emotional development of a teenager. They are in a period of their life where they could be overwhelmed with new emotions and having that time alone allows them to process these feelings judgment-free. Self-regulation is when we are able to understand and manage emotions and impulses, it is how basically a kid/teenager matures. According to the Child Mind Institute, “Kids who struggle to self-regulate have a harder time dealing with even small setbacks.” If they aren't able to understand emotions and control their own, it will prove to be difficult for them to develop healthy relationships. As Children First America stated, privacy gives teens the chance to be able to reflect on their emotions, understand them, and develop a sense of identity. Not only that, but with enough time alone they can learn to cope with their stress and even as to build confidence in themselves. Some people, on the other hand, argue that too much privacy could be an issue and that they need constant supervision to ensure they stay on the right path. The concern is most definitely understandable, after all, they are still kids and don’t fully understand the effects of being completely separate from their parent's supervision. However, The Center for Parenting Education says that “over-monitoring can create feelings of mistrust and frustration, leading to rebellion rather than compliance.” With a healthy balance of supervision and privacy, this can be avoided. They will still grow emotionally and receive the necessary guidance from their parents. As noted by Axis, finding the right balance between trust and oversight is essential to fostering their growth and maintaining a

positive relationship. In the end, it is important to respect a teen's privacy as it helps them to emotionally develop and mature.

In conclusion, privacy is very important for a teenager's growth and development. It allows them to be more independent and responsible. It builds trust between a teen and their parents and creates and strengthens their family bond and communication. Additionally, privacy supports their emotional development, having that space to process and understand their feelings to build confidence in themselves. All these things are crucial for the development of a teenager and are especially great for adulthood and can all be achieved through some very much-needed privacy. Critics might say too much privacy could possibly lead to poor decisions, a valid argument but studies have shown us that over-monitoring can also be an issue in itself. It can affect relationships and lead to disobedience. A good balance between supervision and privacy will still allow for teens to grow and develop while being under the guidance of their parents. It is still crucial to respect their privacy so that can explore themselves through this new period of their life.

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