ADOLESCENCE AND RELATIONSHIPS

1. What is adolescence

* It is also referred to as teenage
* It is a stage in which human beings begin to experience massive changes physically and psychologically.
* It is an important stage in human development

1. Psychological changes during adolescence

* Identity issues
* Desire for freedom
* Sexual attraction towards the opposite gender
* Mood swings
* Attraction towards fashionable trends
* Gullibility towards peer influence

1. Same gender relationships

* During adolescence boys begin to establish strong relationship with members of their gender.
* Healthy same gender relationships are crucial for proper growth into adulthood
* Healthy same gender relationships are characterized by: cooperation, unity, peaceful arbitration of quarrels, consultation etc.

1. Opposite gender relationships

* Adolescence is also a time when one begins to feel sexual attraction to the opposite gender, this is normal.
* A teenager should learn to relate positively with members of the opposite gender
* A teenager should learn to control sexual feelings towards the opposite gender
* One should not specialize with only one member of the opposite gender, rather they should learn to have many friends to avoid having teenage lover relationships