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PREE -ADULTHOOD

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Hello

Its me Sanskriti Singh.

This is my first book and the reason behind writing this book is discussing about the teenage life, the merits and demerits of pre-adulthood. All I would like to convey though my work is that.. personal care, mental health matter!

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Preface

This book consist of certain chapter which enhances the teenagers how to deal with their life and even guide the teens how to deal with their anxiety, solitary, and even how to seize with people, and even learn how to socialize with people and even learn how to mange and need to be aware with the hideous society and even learn how to let go people and the things that awful to us because some things enter in our life quite un-welcomely and the following chapters will edify you and skill-up you in a correct relationship and studies and even mould ourself in this cruel world.

Chapter 1 : As I grew older

This chapter jaw on the hitch of the teenagers dreams and guide them about how life is muddle

This chapters beings with a guy named as James whose life is completely messed yup. James before his pre-adulthood begin he used to enjoy his life in a quite jolly manner. Later when he arrived his pre-adulthood he swap his actions and started living his life alone. And even started smacking his feelings and he even reduced his friend circle and started hating socializing with people.

As he was growing his dreams were even continuously changing.

He was reaching the darker side of the life he was line on thinking that he was not ready to face the world due to his delay in making of decision . Then he communicated with his parents and his close friends then their guided him by telling pre-adulthood is the stage were he start liking to live alone and even started swap our actions due to the changes occurs in the body and even all those things are quite natural and as we grew older our likes and dis-likes even changes but that does not mean that we will muddle our stuff and make our life messed up instead of doing that we can ensure the stuff we are good at and even stick to those stuff we are capable in doing and when James

parents and his friend guided him then he understood the meaning of pre-adulthood. And James even understood that as even grew older we need to give a build to ourself to shine like a sun instead off going towards the darker phase . because darker phase only teaches about the toxicity and even demotivate us to shine like a sun James learned that growing older is fun and even teaches about the life and even the peculiarity in a person and the interphase of different person of different personality.

The righteous:

“ BE LIKE A SUN RAY AND GREW
OLDER INSTEAD OF SWAP

OURSELF AND REACING AT THE
DARKER PHASE".

Chapter 2: Time planner

A teenagers' guide to effective for time planner/time management.

Time management is a skill every teenager should be master. As teenager we should learn how to manage our school works , extra-curricular activities, social lives and personal interests. Because - managing time is essential for success and well being. Time management help teenager to strategies their efficient time in other stuff.

Why time planner matters for teenagers:

Time is a precious resource. Teenagers need to utilize their most

of time in their academic performance and their personal growth.

- Academic Success:

- 1) Study schedule and prioritizing tasks can optimize their learning academic performance
- 2) Allocate sufficient time for studies and make a proper planner for assignment and for exam preparation.
- 3) Fosters habit of consistency and diligence to improve grades.

- Stress Management

- 1) Reduce stress by motivating ourself to increase in the growth in the performance.
- 2) Focus on the weaker areas which gives you stress and try

make your self strong on your weaker areas

- 3) By breaking tasks into manageable chunks and planning ahead teenagers can reduce stress levels and maintain a healthy works life balance.
- Personal development
 - 1) Personal development and self discipline is must.
 - 2) Need to give more priority to goal and skill development
 - 3) Learning about life fostering independence and faith.
 - Preparation for the future goals.
 - 1) Set up goals. Break your plan into attainable goals to help you make progress

- 2) Have a good vision in the stuff which is more important to you and want to end up.
- 3) Take a proper guidance and proper advice from the elder.

Conclusion:

Mastering time management is a vital skill for teenagers to cultivate. It not only enhances academic performance and reduces stress but also lays the foundation for future success and personal development. By learning to prioritize tasks, set goals, and allocate time wisely, teenagers can navigate the challenges of adolescence with

confidence and emerge as resilient, capable individuals ready to tackle the opportunities and responsibilities that lie ahead.

“ PROPER TIME MANAGEMENT CAN HELP YOU TO REACH TOWARDS YOUR GOALS”.

Chapter3: Coping with the loss of relationship

Falling in love is an intense emotional in the experience of teenage love:

One day I feel so happy

Next day I feel so sad

Between the flood of teen hormones and the other physical and emotional changes associated with puberty, young love can feel like a roller coaster. It's exhilarating, scary, and full of heart-lifting highs and stomach-dropping lows. This chapter tell

you about an incomplete love story of a girl named Mary who was madly into a relationship with a guy. The Incomplete love story

Back to the times when the dangerous pandemic was ruling over our life. It was declared a lockdown. schools have closed, online classes have been started. we were classmates in 6th standard not knowing much about each other except that Rock was a bad, naughty guy and Mary was a topper student. Lockdown was declared at the end of my 7th standard yet to write the final exams which were later cancelled.. Schools

were closed, online classes were started. Day by day the topper girl started social interaction, online games, etc. A few days were passed on with classes, online games and other addictions that was when Mary got a anonymous in WhatsApp .As she was naturally curious in nature she texted back. On further conversation she got to know he was her old classmate Rock. she was happy to know that and was also curious that how did he got her Mobile no. so she asked him about it and got to know that a senior who was friend of him has given him Mary's Ph. number. She started

to interact with him, gossiping, talking for hours on phone calls,... Later than she got to know that he and his girlfriend 'Lucy 'had a fight and broke up . As she thought of him as her first male best friend so she couldn't stop herself from helping them to make up again ,she tried various ways convincing her every day through calls, texts, voice message and so on... later than they made up again. This was a good news to her that she got her job done but somewhere she felt bad not knowing the reason that she was actually having a crush on him at a small corner of her heart since the day

when he was about to collide against her and was stuck at a close distance to her face. That was the very first time she had seen someone so close and fell for him but later got to know that he was her best friend's boyfriend so she left that feeling there itself and continued with her life.

Coming to that present story, it was all going well with their trio friendship and later a member 'Alina' joined into the group. but she matched her vibes only with Mary. later on due to some issues 'Alina' replaced the place of 'Lucy' in Mary's life . later on from then Mary wasn't much in

contact with Lucy but she was in contact with Rock still . Now the previous trio has been replaced by the new trio batch of Mary, Alina and rock. Later after a few misunderstandings rock and Lucy broke up and never patched up again. That was the time when rock was so depressed and was sharing his emotions to Mary treating her as his first girl bestie. Losing his first love he was filled with many questions and at the same sadness, he wasn't able to move on from her that was when Mary started to care for him and helped him to overcome the situation and throughout this journey he

unknowingly fell for her and confessed her. As she has never been into these stuff she clearly didn't accept that and wanted to succeed and make her parents proud. But the day he confessed her, her inner feelings have hit back than on she started falling in love with him and every action he does.

Later on once anxiety had hit back again and talking rubbish and thinking that he was the fault for everything and then when Mary was giving the same care he confessed her once more. That is when she couldn't resist herself from accepting him.

Her first love has began ✨

With many hopes, joys, beautifully moments , they both created a beautiful book of love. he shared his past experiences with girls in his life she felt sad for him and started to be like a girl he has never experienced in his life, supporting him every stage of his life.

They were best friends before and now good lovers. They helped each other with their academics, and supported themselves with their life. she was introduced to his parents and she got quite easily mixed along with them everyone liked

her. As his parents never had a girl child and wished for one she was the one. everything went Fantastic with their lives, enjoyed every moment, lived every moment to sky limits.

Not long Rock's birthday has come she made lot of plans about the memorable gift to give him on his special day. she browsed through Google thought of many ideas, many gifts, or handwritten letters, or customised pictures and many more rattling in her brain. Finally she decided to give him a magic mug customising his fav. pic on the cup along with a letter filled with their journey till then and

some attractive gifts. The day had arrived she wished him with a long paragraph of love , he was so happy to hear that and said it made his day. later went to his home had lunch went and spent a quality time with him and his family. That was a memorable day for both of them.

Days went on memories created happiness cherished everywhere but not for a longer time Mary's parents got a doubt on her and started observing her every move poor Mary wasn't able to know that . later Mary's birthday has come her parents have arrange a grand party for her invited her friends nad family

along with him. He gifted her a watch, and a handwritten letter with their sweet journey which she used to read a lot after that day. that day was when her parents were confirmed about her relationship with him they said nothing at the party but later on questioned her and a very big mess has started with regular arguments but still she continued with him. As there parents were being stressed about this matter a lot they decided to concentrate on their studies and keep this track aside for a few months. everything went on as planned for a few days but no one was able to

concentrate properly again they were talking like that same like before but not knowing that Rock was getting improved with his grades and Mary was falling behind.

Mary thought of proving to the world that not every first love remains as a incomplete story some even cherish also, but not so soon she failed in it.

As Mary was possessive in nature and Rock was playboy in nature. Conflicts have started to conquer their love field. Love field was slowly getting converted into a Warfield, everyday started of with a fight

and ended up with a fight, no day passes without a argument but even than she was never fed up of him what ever he does she accepted gracefully coz of the amount of blind love she was having for him But it was not the same case for him he got fed up of her and slowly started to avoid her with the reason of academics and study and their final exams were getting near. Mary thought that everything is fine and he is still in live with her and will never leave her but the clear answer was a 'No'. He started to ignore her when she was taking out time for him, he was not the one like before who

loved her , he started to flirt with girls and she was getting Tensed about their relationship. One day during a normal conversation with him he said break up and seeing that she was stuck for a moment with a shock many things were rattling inside her brain her heart beat was increasing, she was slowly getting out of breathe due to the anxiety and then he replied hey sorry it was just a joke don't mind it ! than she got back normal and after a few days passed she again receive a message that " Mary don't know y but I'm losing interest in love, idk y but I'm". Mary was literally shocked to

hear this but she calmed herself and due to the level of trust she has on him she replied back that "don't worry, remember we were not only lovers but before this we were best friends. saying like this she continued the conversation.

But from that day her fear was increasing about losing of her love she prayed to God for him, she tried to keep up with the relationship no matter how and what he does she always finds a reason to stay with him. she having a million reasons to leave him she didn't and He having no reason to leave her decides to anyhow get rid of her and started

to frame her in the scene making her that she was the fault everywhere and things weren't going good because of her. she tried and tried to get with him understand his point of view instead of pointing him out she was trying and trying and trying until one day when her final exams have started and she was not feeling anything right about her relationship she decided to talk to him that was when he got a chance to get rid of her. She was thinking of discussing the things and make up again but he there was thinking of to get rid of her . Arguments started with fights though she was insisting

for him to stay with her he wasn't ready for it , she tried to convince him but failing finally she accepted the fact that he wasn't the before Rock whom she was in love with and planned her everything past, present and future with him is now in veins so she tried in an other way trying not to plead him but saying that even he leaves her she will never ever leave him her love would be the same till that final breathe of her but he was least bothered about him and was only saying to leave him forever and after a long hours of pleading, a final message arrived from him

"Goodbye my first and last girl
best friend,
hope to see you successful in
your life
God bless you
Good bye ."

This one moment she never
thought would happen has come
into reality she shattered into
pieces not knowing what to do.
The one she helped to overcome
his anxiety has now returned her
favour as twice to him by giving
her a lot of panic attacks, chest
pains, anxiety, sleepless nights,
depression, swollen eyes,
anxiety, red eyes, a feeling of

mixed emotions, love, heart breaks and everything. She went through these all for a year and suffered a lot not showing her parents, and he on the other side was enjoying his life. Months passed , one day she saw his story saying that "never love a person without knowing that the other person loves or not. Today's love will be the depth of tomorrow's pain " And she seeing this burst into laugh thinking that he was the one who left and now is keeping stories like this like a loyal person and sent him a lol emoji seeing the message he replied her saying "is this a joke for you, u never

even asked me to stop on that day" hearing this she was amazed thinking of the days when she was begging him to stay and never leave her. she tolerated and tolerated to an extent of 1 year that finally she has lost hope and believe in love and is never gone fall in love with anyone but never unloved him even still now if she hears his name she would get the same level of anxiety and panic attacks and everything she experienced in the past years but this didn't let her hate him even if someone says bad about him she would get on her Peak levels of angers and would start a fight with them

taking his side , hoping for him to come back one day again realising the love she has for him. Even though she lost hopes in love she didn't lose hopes on him and the future they had planned.

even after the extreme pain of 1 year she still has a hope left for him and kept a story for him to see on the same day when he said goodbye after a year, she at-least thought that he would give some time and talk about that but no she was totally heart broken on that day and her total hope 99% has vanished into air as he just saw the story and left without even a message . Nd

from then she also stopped texting him even casually to see if he would at-least think to be honest her and keep a message and still waiting. Even now she is ready to accept him if he comes heartfully but if that isn't the case she would never again be that girl in the past and just continue as classmates.

Mary, the topper girl
proved a universal truth again
that
Good girls always fall for bad
boys
and bad boys ultimately after a
time of getting bored they would

abandon the love giving no value
to it.

"With Still left in the woods left by
him waiting for him with a hope"

Mary signing off this chapter
with a beautiful poem

" We met unknowingly,,

But than

We succeeded in becoming
close!

You become my dairy with many
memories shared together.

But, We can never expect what
destiny has planned for us.

You suddenly became

My forbidden written dairy

You know that I wanted you
In every phase of our life,
But abandoned.

I miss you with my single breath
of mine because I know I love you
with my every corner of my
heart.

Just because we got separated
doesn't mean to back-type and
delete everything and I still love
you and

I can never hate you and

I really miss you

Overall wanted to say

I can neither hate you nor forgot
you but burying you deep inside
my heart till

My last breathe

Take care my forbidden dairy...

[Some stories are meant to be in
complete with broken heart and
un-forgettable memories.]

Chapter4:Emotional Turmoil

Introduction:

Navigating the Emotional Turmoil of Pree-adulthood.

often characterized as a period of emotional turmoil, a time when young individuals grapple with a whirlwind of feelings and experiences as they navigate the transition from childhood to adulthood. So lets begin with chapter.

Title: "Whispers in the Dark"

Whispers in the Dark" is a tale of emotional turmoil set in a small, isolated village nestled deep within a dense forest, where secrets are as plentiful as the shadows that dance among the trees.

Introduction:

Introduce Elara, a young woman haunted by visions of a mysterious figure lurking in the shadows.

Establish the eerie atmosphere of the village, where whispers of the past echo through the narrow cobblestone streets.

The Prodigal Son Returns:

Elara's quiet existence is disrupted when her childhood friend, Gabriel, returns to the village after years of absence.

Gabriel's return stirs long-buried memories and emotions within Elara, Hinden the fragile peace she has painstakingly constructed.

THE HINDEN PAST:

As Elara and Gabriel reconnect, they unearth dark secrets hidden beneath the surface of the village.

Delve into the shared history of Elara and Gabriel, revealing the tragedies and betrayals that have shaped their lives.

Shadows of the Mind:

Introduce the enigmatic figure from Elara's visions, whose presence grows increasingly pervasive as she grapples with her inner demons.

Explore Elara's descent into madness as she struggles to distinguish reality from hallucination.

The Dance of Light and Shadow:

Alternating between moments of clarity and confusion, Elara embarks on a journey through the labyrinthine corridors of her mind.

Show how her perceptions are distorted by fear and trauma, blurring the lines between truth and illusion.

Confronting the Darkness:

In a climactic confrontation, Elara comes face to face with the source of her torment, confronting the demons that have haunted her for years.

Through a series of harrowing trials, she must find the strength to vanquish the darkness that threatens to consume her.

Redemption and Rebirth:

As Elara emerges from the shadows of her past, she undergoes a process of transformation and rebirth.

Through acts of courage and self-discovery, she finds redemption and a newfound sense of purpose.

The Light at the End of the Tunnel:

In the aftermath of her ordeal, Elara finds solace in the embrace of her community and the love of those who stood by her side.

Though scars remain, she emerges stronger and more resilient, ready to face whatever challenges the future may hold.

The Echoes of the Forest:

Reflect on the lessons learned and the echoes of the past that continue to reverberate through the village.

Emphasize the power of resilience, forgiveness, and the human spirit to triumph over adversity.

"Whispers in the Dark" is a haunting tale of redemption and self-discovery, blending elements of mystery, psychological suspense, and supernatural intrigue to create a narrative that lingers in the reader's mind long after the final page is turned.

Conclusion:

As the last echoes of darkness fade into the night, "Whispers in the Dark" finds its conclusion amidst the dappled light

of dawn, illuminating the path forward for Elara and the village she calls home.

In the end, "Whispers in the Dark" is not just a tale of survival, but a testament to the power of love, forgiveness, and the indomitable human spirit to triumph over even the deepest shadows. And as the sun rises on a new day, Elara and the village stand as living proof that even in the darkest of nights, there is always hope for a brighter tomorrow.

"Within the chaos of our emotions lies the opportunity for profound growth and transformation."

Chapter 5: Psychology behind teen suicide

Teen suicide is a major problem in our society today. The adolescent suicide rate has tripled since 1960, while being the largest cause of death between the ages of 15 and 19. The start of what leads a person to suicide does not have anything to do with the person's present life experiences, but with their early childhood experiences. This is because the view of others, outside family and friends, has no contribution to the pain

that causes suicide and depression. Depression can include self-pity, shame, envy, and grandiosity. All of these things play a role in depression one way or another. Depressed people are usually subject to desire and grandiose ideation. Here are some key psychological factors associated with teen suicide:

- 1) Mental Health Disorders
- 2) Psychological Distress
- 3) Negative Cognitive Patterns
- 4) Family Dynamics
- 5) Social Influences

What exactly is behind this?

In its primary sense, envy is the experience of pain when a person sees that someone else has something desirable, which he would like. Envy is

also the experience of pleasure, when the person who has that desired quality suffers misfortune. Shame, in depression, is usually aimed inward toward the victim, or depressed person. When self-pity, another depression mode, is thought of, it usually brings up the feelings of being sad or angry for mistakes that happened in the past.

Lets hear Tims suicide story. His story is shared to us by his friend and even how he helped other people to wade the thoughts of suicide

suicide stole a friend of mine. And as cliché as it sounds, suicide really did steal a piece of everyone who knew Dan.

I'm 20, and I'm sitting at a friend's funeral. I didn't think this would come for

another 50 years. Ten days earlier, Dan and I had been chatting away, making plans to catch up. The next day, he took his own life. He didn't seem himself the weekend before he did it. I knew he wasn't happy, and we were worried. I asked him if he was thinking of hurting himself, but he said he was fine, so I assumed he was. I spoke to him the next day and he said he was great, and we organised to go to the football the next week.

The following day, driving to work, I heard there was an accident nearby and that someone had died, a suspected suicide. Something told me it was Dan, but denial took over. Friends of mine don't die, and they sure as hell don't

suicide. I sent him text messages from work; no reply. I figured he was just busy.

I finished work, walked outside and my mum was there. That was odd. She'd been phoned, and had come to tell me and to drive me home. When she said, 'It was Dan', everything hit me: anger, frustration, guilt and shock.

Was I a terrible friend?

I didn't know what was going on. I had to give a statement to the police, something that scared me. I thought people would think I was a terrible friend for not speaking out when I suspected he might be thinking of doing something. I was mad at him for putting me in this situation. Why didn't he say

something? I'd never faced anything like this, and for once, I didn't know if I could handle things on my own. I had a million things going on in my head and I really needed to get them out.

I'm not a big fan of deep and meaningful conversations, but I knew I had to talk to someone. I started to talk to a mate in Sydney. I stuttered my way through the story and about how I was feeling, but it was such a relief to get it all out of my head. I told everyone else that things were fine, and I hid my feelings behind laughter and a bubbly, 'no worries' exterior. I was still struggling, but things seemed so much easier with someone behind me who knew the story.

Things changed

Life went on, and I stopped talking about how I felt. Things were piling up on me big-time. It felt like a brick wall had fallen from the sky, blocking my way and I'd been given a toothpick to dig my way through. I'd never felt so overwhelmed. I'd had enough of the crap going on in my head. I just didn't care what happened. I wasn't crazy; I was just really sad.

Jump forward a couple of days. I'm sitting in a psychiatrist's office. It's my worst nightmare. He asks me, 'How are you feeling?' The consultation seemed to drag on and on. He was my dad's age, and talked to me like I was ten. Needless to say, I wasn't keen to head back to his nicely decorated office.

Feeling positive

Strongly encouraged by my GP and a few awesome mates, I went and saw another psychologist. He was young, relaxed and seemed pretty cool compared to the last guy.

I walked out of the first consultation with him three months ago feeling positive, and I've been going back ever since. Some days are still tough, but they're not nearly as overwhelming as they were before. It was a tough lesson to learn, and in circumstances I don't wish on anyone, but I've learnt that reaching out really is one of the most important lessons anyone can learn.

How I helped my friend Wade with thoughts of suicide

Reach out for support: Talk to someone you trust about what you're going through. This could be a friend, family member, teacher, , or mental health professional. Sharing your feelings can help alleviate some of the burden and provide perspective.

Contact a crisis hotline: If you're in immediate distress or need someone to talk to outside of your usual support network, consider reaching out to a crisis hotline. These services are available 24/7 and provide confidential support and guidance. In the US, you

you can call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

Stay safe: If you're in danger of harming yourself, it's important to take steps to ensure your safety. Remove any objects that could be used for self-harm, and if necessary, ask someone you trust to stay with you or accompany you to a safe place.

Seek professional help: Consider reaching out to a mental health professional, such as a therapist or psychiatrist, who can provide you with appropriate treatment and support. They can help you explore the underlying causes of your suicidal thoughts and develop coping strategies to manage them.

Practice self-care: Engage in activities that promote your well-being and help you cope with stress. This could include exercise, mindfulness or relaxation techniques, spending time in nature, or pursuing hobbies and interests that bring you joy.

Stay connected: Maintain connections with supportive individuals in your life, even if it's difficult to reach out. Social support can provide a sense of belonging and help you feel less alone in your struggles.

Let make this chapter more interesting by sharing an another story

The importance of finding someone to talk to: Amy's story

When I was seven, my little brother was born. I was so excited! I used to hug and kiss him a lot, but my parents thought I was going overboard. One day, I got in trouble because they thought I 'smothered' him. I was really upset. I wanted to be the perfect older sister that everybody wanted to have – but I'd failed.

All through my primary schooling, I used to wonder why everyone else was happy and I wasn't; why I seemed to be the only kid who didn't feel wanted at home and who wanted to run away. I felt like an outsider in my own home, as well as at school. I only had a small handful of very good friends, and I didn't have a good relationship with my parents. I felt lonely, neglected, sad and unwanted

every day. When I started high school, though, I changed. I became more outgoing and confident, and I made friends. I was happier in high school. No one gave me a hard time, and I felt more independent. Unfortunately, it didn't last.

In years 9 and 10, I became lonely again and my depression became more noticeable. I started to wonder if my parents would finally care about me if I committed suicide. I retreated more and more into myself and pushed everyone away. It was only last year, in year 11, that I got fed up and started asking myself why I felt so bad all the time. I didn't want to think that I might have depression, but after about three-and-a-half years of suffering, I couldn't stand it any longer.

Finding someone I could talk to

One day at the hairdresser's, I picked up a business card for a counsellor. I called her a few days later. I was so scared, but she became a huge support. For once I felt like it was okay to feel how I felt, and that someone accepted me for who I was and didn't dismiss me as just a teenager with a bad case of angst. That helped me get my self-esteem back a bit. I'm still seeing the counsellor, and I'm on anti-depressants to combat my occasional anxiety attacks, but the worst is over. I felt like I couldn't talk to my parents. I still can't really talk to them about important or personal things, because I don't think they understand what's going on my head. I always look forward to my counselling

sessions, though. They give me a real break from home.

I don't regret being how I was before – sad and lonely – because it's taught me to look after myself, and I'm very independent as a result. I've also learnt to trust people again, instead of just pushing them away. I think the most important lesson I've learnt is that suicide isn't a solution to anything, and that help is always available in abundance if you ask for it.

Lara's realisation that suicide is permanent and not the answer

It was an English lesson that none of the 27 students in the room would ever forget. A warning that we would all heed.

She told us that running was a better way out – that, unlike suicide, it wasn't a forever solution.

We all respected this teacher. She was different. She treated us like the adults we believed we were. We were discussing social issues, something that came up time and time again in our English syllabus. We were all working on an assignment – an exploration of a social issue that we were personally familiar with through the genre of poetry.

Suicide came up as a topic; actually, it was a topic I'd chosen. I was familiar with suicidal feelings and depression. I explored my thoughts and emotions

through song lyrics and poetry, including my own writings. In the classroom, we started discussing how and why suicide occurs, and one student asked: 'How could someone choose to end their life?' This led to a discussion about how to cope with suicidal feelings. And that's when our teacher advised us to 'run away'.

Give yourself a second chance

She told us that by running, or just getting away, we gave ourselves time to clear our heads, so that we could make decisions based on clear thoughts rather than impulse. She told us to just take a bus or a train and go somewhere different for a few hours, rather than decide impulsively that life was too hard.

Often when I'm able to, I run away. I never run far; I just get on a train and go somewhere for the day. As our teacher said: 'Running isn't for ever, but suicide on impulse is. There's no turning back, no second chance; but if you run, you get exactly that – a second chance and time to think things through. And often they aren't as bad as you initially thought they were.'

Remember that suicidal thoughts are often a sign of underlying emotional distress and are not a reflection of your worth as a person. It's okay to ask for help, and there are people who care about you and want to support you through this difficult time.

In conclusion, understanding the psychology behind teen suicide is

critical for addressing this complex issue. Factors such as mental illness, family dynamics, peer relationships, academic pressure, and social media influence can all contribute to suicidal ideation among adolescents. Additionally, unresolved trauma, bullying, substance abuse, and feelings of hopelessness or worthlessness can further exacerbate the risk of suicide.

It's essential to recognize that suicidal thoughts and behaviour often stem from deep emotional pain and are not simply attention-seeking or selfish acts. Adolescents experiencing suicidal ideation may feel overwhelmed by their circumstances and unable to see a way out of their distress.

Preventing teen suicide requires a multifaceted approach that includes early intervention, destigmatizing mental health issues, fostering supportive environments, and providing access to mental health resources. Educating parents, teachers, and peers about the warning signs of suicide and encouraging open communication can also play a vital role in identifying at-risk individuals and connecting them with appropriate support.

Ultimately, by addressing the psychological factors contributing to teen suicide and providing compassionate support and resources, we can work towards reducing the prevalence of this tragic outcome and helping young people navigate the

challenges they face with resilience and hope.

And I want to thank the people who have shared their closed ones' suicide stories

Chapter6: The Effect Of Peer Pressure On Teens

Peer pressure in society today has a negative effect on teens and schools should implement programs to help teens battle with peer pressure. Nowadays Peer pressure is a major problem in the lives of teens. These problems not only occur in school, but

also outside of schools. If schools decide to implement programs teaching teenagers how to successfully battle peer pressure, a lot of decision-making for teens would be different. Not only in educational programs but in their everyday lives as well. Influence of Peer Pressure:

Social Acceptance: Adolescents often seek acceptance and approval from their peers, leading them to conform to group norms and behaviour even if they go against their own values or beliefs. The desire to fit in can drive teens to engage in risky behaviour such as substance abuse, reckless driving, or delinquency.

Risky Behaviour: Peer pressure can contribute to the adoption of risky behaviour among teenagers, including experimenting with drugs and alcohol, engaging in unprotected sex, or participating in dangerous activities. The influence of peers can override adolescents' judgment and increase their willingness to take risks to gain acceptance or avoid rejection.

Academic Performance: Peer pressure can influence academic performance, both positively and negatively. Positive peer pressure may motivate students to excel academically, participate in extracurricular activities, or seek help when needed. However, negative peer pressure, such as academic cheating or skipping classes, can hinder academic

achievement and undermine educational goals.

Coping Strategies:

Assertiveness Skills: Teaching teenagers assertiveness skills empowers them to resist negative peer pressure and make informed decisions that align with their values and goals. Assertive communication involves expressing one's thoughts, feelings, and boundaries respectfully and confidently.

Building Resilience: Fostering resilience in teenagers equips them with the ability to bounce back from setbacks, peer conflicts, or social

pressure. Encouraging healthy coping mechanisms, problem-solving skills, and positive self-talk can strengthen adolescents' resilience and ability to withstand peer influences.

Title: "Navigating Peer Pressure: My Personal Journey"

Growing up in a small town, peer pressure was an ever-present force in my life. One particular instance stands out vividly in my memory, a moment that tested my resolve and shaped my understanding of peer dynamics.

It was the summer before my junior year of high school, and my group of friends had started experimenting with alcohol and partying. While I was initially

hesitant to join in, I felt the growing pressure to fit in and be seen as part of the group.

One Friday evening, I received an invitation to a party from one of my closest friends. The allure of being included in their plans was strong, but I couldn't shake the nagging feeling of unease in the pit of my stomach.

As the night of the party approached, the pressure mounted. My friends reassured me that everything would be fine, but I couldn't shake the sense of foreboding that lingered in the back of my mind.

When the night of the party arrived, I found myself torn between conflicting emotions. Part of me longed to give in to peer pressure and go along with the crowd, while another part of me yearned to stay true to my values and principles.

In the end, I made the difficult decision to decline the invitation to the party. It wasn't an easy choice, and I knew it would likely strain my friendships, but I couldn't compromise my beliefs for the sake of acceptance.

As I sat at home that night, alone with my thoughts, I felt a mixture of relief and uncertainty wash over me. I wondered if I had made the right decision, if I had

sacrificed my social standing for the sake of integrity.

In the days that followed, I faced backlash from some of my friends who couldn't understand why I had chosen to stay home instead of joining them at the party. There were moments when I questioned my decision, when I felt the sting of rejection and isolation.

But as time passed, I came to realize that staying true to myself was worth more than any fleeting moment of acceptance. I found solace in the knowledge that I had remained steadfast in the face of peer pressure, and that my integrity was intact.

That experience taught me a valuable lesson about the importance of staying true to my values and convictions, even when it meant standing alone. It strengthened my resolve to resist peer pressure and paved the way for me to forge my own path, unapologetically authentic and true to myself.

In the end, I emerged from that challenging experience stronger and more resilient than ever, armed with the knowledge that I am capable of navigating the murky waters of peer pressure with grace and integrity.

These real-life stories demonstrate the diverse ways in which peer pressure can influence teenagers' behaviour, attitudes, and decisions, often with significant consequences. It's essential

for parents, educators, and communities to be aware of these challenges and provide support and guidance to help teenagers navigate peer influences effectively.

Chapter7: Teen Drinking And Driving

Teen drinking and driving

Drinking and driving is one of the biggest social issues for teens across the world. Getting behind the wheel of a vehicle after consuming alcohol is a very dangerous thing no matter what age you are. Many things contribute to this growing problem of teen drinking and driving. First, there is a lack of education about drinking and driving in schools today. Next, peer pressure is difficult for

many teens to resist. Finally, the access that teens have to alcohol and to vehicles is not monitored.

Title: "A Night to Regret"

It was the summer before my senior year of high school, a time when my friends and I felt invincible, eager to embrace newfound freedom and adventure. One fateful night, that sense of invincibility would be shattered by the devastating consequences of our actions.

It started innocently enough, with a group of us gathering for a party at a friend's house while their parents were out of town. Excitement filled the air as

we laughed and joked, the promise of an unforgettable night ahead of us.

As the evening wore on, the drinks began to flow freely, and inhibitions faded away in a haze of laughter and camaraderie. In our youthful naivety, we convinced ourselves that we were in control, that nothing could touch us as long as we were together.

But as the night stretched on, reality began to blur at the edges. I watched as my friends indulged in one drink too many, their laughter turning to slurred speech and unsteady movements. Despite my growing unease, I said nothing, afraid to spoil the mood or be a buzzkill.

As the party came to a close, I found myself faced with a dilemma. Several of my friends were clearly in no condition to drive, but the thought of calling for a ride or arranging alternative transportation never crossed my mind. In that moment, all that mattered was getting home, consequences be damned.

I climbed into the backseat of a friend's car, the smell of alcohol thick in the air as we set off into the night. The streets were dark and deserted, our only companions the sound of our own laughter and the faint hum of the radio.

But our laughter turned to screams as the car veered off the road, crashing through a guardrail and careening down an embankment. Time seemed to slow as the world spun around us, metal crunching and glass shattering in a symphony of destruction.

When the dust settled, I found myself trapped in the wreckage, my friends unconscious and bleeding beside me. Panic surged through my veins as I struggled to comprehend the gravity of what had just happened, the weight of my decisions crashing down on me like a ton of bricks.

In the days that followed, I would learn the full extent of the damage we had

caused. Lives were lost, families torn apart, and futures shattered in an instant of reckless abandon. The guilt and shame of my actions would haunt me for years to come, a constant reminder of the irreversible consequences of teen drinking and driving.

That night changed me in ways I could never have imagined. It taught me the importance of responsibility, the value of speaking up, and the devastating impact of making the wrong choices. As I look back on that dark chapter of my life, I can only hope that others will learn from my mistakes and think twice before getting behind the wheel after drinking.

In conclusion, teen drinking and driving is a preventable tragedy that requires collective action from all sectors of society. By raising awareness, promoting education, and advocating for policy changes, we can work together to save lives and ensure a safer future for our youth. Let us heed the call to action and redouble our efforts to end the scourge of teen drinking and driving once and for all.

Chapter8: Transitioning to Adulthood

The late teenage years mark the transition from adolescence to adulthood a period of increased responsibility and independence. Teenagers may begin to take on adult roles and responsibilities, such as managing their own finances, pursuing higher education or career opportunities, and making decisions that shape their future.

Here are some key aspects of this transition:

Education and Career Path: For many young adults, transitioning to adulthood involves making decisions about their education and career path. This may involve pursuing higher education, vocational training, or entering the workforce. Choosing a career path often requires careful consideration of interests, skills, and long-term goals.

Financial Independence: As individuals transition to adulthood, they often strive for financial independence and responsibility. This may involve managing finances, budgeting, paying bills, and making decisions about saving and investing for the future.

Living Arrangements: Transitioning to adulthood often involves changes in living arrangements. Some young adults may move out of their parents' home to live independently, while others may choose to live with roommates or pursue alternative housing arrangements. This shift in living situation can bring newfound freedom and challenges in managing household responsibilities.

Relationships and Social Dynamics: Adulthood brings changes in relationships and social dynamics. Young adults may form new friendships, romantic relationships, and professional networks as they navigate the social landscape of adulthood. They may also experience shifts in family

dynamics as they establish more equitable relationships with parents and siblings.

Personal Development: Transitioning to adulthood is a time of personal development and growth. Young adults may focus on developing life skills, building resilience, and cultivating a sense of identity and purpose. This period often involves self-discovery, exploring values and beliefs, and gaining a deeper understanding of one's strengths and weaknesses.

Legal and Civic Responsibilities: As individuals transition to adulthood, they assume various legal and civic responsibilities. This may include

voting, jury duty, obtaining a driver's license, and understanding legal rights and obligations. Young adults may also become more engaged in civic life, advocacy, and community service.

"The Crossroads of Destiny"

In the small town of Willow Creek, nestled among the rolling hills of the countryside, lived a young woman named Maya. Maya had always felt a deep connection to nature and a longing to explore the world beyond her hometown. As she approached her 18th birthday, she found herself at a crossroads, torn between the comfort of familiarity and the allure of adventure.

Maya's parents, both hardworking farmers, had instilled in her a strong work ethic and a deep appreciation for the land. They hoped Maya would follow in their footsteps and continue the family tradition of farming the fertile soil of Willow Creek.

However, Maya had dreamed dreams that extended far beyond the boundaries of her hometown. She yearned to travel, to experience new cultures, and to pursue her passion for photography, capturing the beauty of the world through her lens.

As Maya grappled with the decision of what path to take, she found herself drawn to the old oak tree at the edge of

town, a place she had frequented since childhood to ponder life's mysteries and contemplate her dreams.

One evening, as the setting sun bathed the landscape in golden hues, Maya made a decision that would change the course of her life. With a sense of determination and excitement, she packed a small bag, grabbed her camera, and set off into the unknown, leaving behind the familiar comforts of Willow Creek.

Maya's journey took her to distant lands, where she encountered breathtaking landscapes, vibrant cultures, and kindred spirits who shared her love of adventure. She captured the beauty of

the world through her photographs, each image telling a story of wonder and discovery.

Along the way, Maya faced challenges and obstacles that tested her courage and resilience. She learned to navigate unfamiliar terrain, overcome language barriers, and adapt to different customs and traditions. Through it all, she remained steadfast in her pursuit of purpose and fulfilment .

As Maya embraced the journey of adulthood, she discovered that true growth and fulfilment lie not in the destination, but in the experiences and relationships forged along the way. She realized that the world was vast and full

of possibilities, and that she held the power to shape her own destiny.

Years later, as Maya returned to Willow Creek, she brought with her a treasure trove of memories and experiences that had shaped her into the person she had become. Standing beneath the old oak tree, surrounded by the familiar sights and sounds of home, Maya knew that she had found her place in the world, a place where her roots ran deep and her wings could soar.

This story explores themes of self-discovery, courage, and the pursuit of dreams, highlighting the transformative journey of transitioning to adulthood.

At the heart of transitioning to adulthood lies the quest for identity and purpose. Young adults grapple with questions of who they are, what they value, and where they belong in the world. This journey of self-discovery involves exploring interests, passions, and aspirations, as well as embracing new experiences and perspectives that shape their sense of identity and direction in life.

In conclusion, transitioning to adulthood is a multifaceted process that involves navigating various challenges and milestones on the journey toward independence and self-realization. It is a time of growth, self-discovery, and empowerment, as individuals forge their own paths and define what it

means to be an adult in today's ever-changing world. Through perseverance, resilience, and a willingness to embrace new experiences, young adults can navigate the transition to adulthood with confidence and purpose, laying the foundation for a fulfilling and meaningful life ahead.

Chapter9: Establishing identity

The late teenage years are a time of self-discovery and identity formation. Teenagers explore their values, beliefs,

and interests as they define who they are and who they want to become. This may involve questioning societal norms, exploring different cultures or subcultures, and developing a sense of self-awareness.

Title: "Echoes of the Masquerade"

In the heart of a bustling metropolis, where skyscrapers kissed the clouds and neon lights painted the streets, lived a young woman named Elara. From the outside, she appeared to be like any other city dweller, but beneath her facade lay a secret longing for authenticity and self-discovery.

Elara was born into a family of performers, where theatrics and

illusion were woven into the fabric of everyday life. Growing up surrounded by the dazzling spectacle of the stage, she learned to wear different masks and play various roles to please the audience.

Yet, amidst the glittering lights and applause, Elara felt a sense of emptiness gnawing at her soul. She longed to peel back the layers of pretense and reveal the true essence of her being, but she didn't know where to begin.

One fateful night, while wandering the labyrinthine streets of the city, Elara stumbled upon a mysterious masquerade ball. Drawn by the allure of

anonymity and intrigue, she slipped through the ornate gates and into a world of enchantment.

As she mingled with masked strangers, each hiding behind their elaborate disguises, Elara felt a spark of inspiration ignite within her. Here, amidst the swirling dance of shadows and whispers, she saw an opportunity to explore her identity free from the constraints of expectation and performance.

With a trembling hand, Elara selected a mask adorned with swirling patterns of gold and azure, feeling the weight of her past selves slip away as she donned her new guise. With each step she took,

she felt a sense of liberation wash over her, as if shedding the layers of illusion that had bound her for so long.

In the dim glow of candlelight, Elara danced with abandon, twirling and spinning through the sea of masked relave. As the night wore on, she found herself drawn to a mysterious figure clad in a cloak of midnight velvet, their eyes gleaming with recognition beneath the mask.

In that fleeting moment of connection, Elara felt a surge of clarity wash over her, as if the mask had unlocked a hidden truth buried deep within her soul. She realized that true identity was not found in the roles we play or the

masks we wear, but in the authenticity of our hearts and the connections we forge with others.

As the first light of dawn broke over the horizon, Elara removed her mask and stepped out into the world, feeling a renewed sense of purpose and self-assurance. She knew that her journey of self-discovery was far from over, but she also knew that she possessed the courage and determination to embrace the truth of who she was, unmasked and unafraid.

THANK YOU

I just wanted to take a moment to express my deepest gratitude for taking the time to read my book. Your support means the world to me, and I am truly

honoured that you chose to delve into the pages of my work.

Whether you found inspiration, entertainment, or valuable insights within its chapters, know that your engagement with my book has made a significant impact on me as an author. Your feedback and support fuel my passion for writing, and I am immensely grateful for the opportunity to share my story with you.

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Just wanted to drop you a quick note to say thanks! Your support and encouragement mean a lot to me, especially with [mention specific aspect, like reading my book]. It's awesome to have someone like you cheering me on. Let's keep lifting each other up!