

# Parenting the New Teen

## Preface

This Text deals with the peculiarities and problems of the teenagers, meaning, adolescents and their parents. Adolescence is the period of rapid growth during which sexual maturation occurs and the child becomes an adult.

The anatomy and physiology of the reproductive organs are explained and common problems of adolescence such as pimples, faulty posture, masturbation and menstrual disorders are discussed. The dangers of smoking, alcohol and drug addiction are stressed upon.

Teenagers should strive to establish their identity by continuing education and acquiring skill and proficiency in the selected subjects and imbibing good qualities so that they can become good spouses and later responsible parents and citizens.

Friction between teenagers and their parents is a common story. Important hints are given to both teenagers and their parents, so that the teenagers can pass through adolescence smoothly and develop better ties with their parents.

This Text provides details about the duties of parents and discusses the practical problems faced by parents in rearing and guiding their teenagers. The various defects in the personalities of parents and the common mistakes committed by them in rearing their teenagers are also discussed.

I am sure this Text will help both teenagers and their parents to understand each other. It will help parents guide their teenage children tactfully and give them an insight to become better parents. - **Authors**

## Index

(Special sub-points under the main point are given here.)

<b>Chapter 1: Teenager and Adolescents</b>	<b>12</b>
1. Difference between Teenagers and Adolescents	12
2. Goals of Teenagers Male Reproductive Unit and System	12
3. Structure of Sperm	16
4. Sperm formation and its passage	16
5. Difference in location of testes and ovaries	17

6. Variation in size of right and left testes	18
7. Absence of one or both testes in some children and its effect on sexual development during adolescence	18
8. Structure and length of the penis	19
9. Relation of the size of the penis to sex urge or fertility Female Reproductive Unit and System	20
10. Structure of the ovum	20
11. Number of ova produced by a female	21
12. Reproductive system of a female	22
<b>Chapter 2: Hormones and Teenagers' Problems</b>	<b>25</b>
1. Hormones	26
2. Functions of hypothalamus	26
3. Pituitary gland	27
4. Hormones secreted by Anterior Pituitary gland and their function	27
5. Hormones secreted by Posterior Pituitary gland and their function	29
6. Hormones secreted by thyroid gland and its function	29
7. Male sex hormone and its functions	29
8. Suprarenal's, their structure and function	30
9. Diseases caused by abnormal function of Suprarenal Cortex	31
10. Hormones secreted by thyroid gland and its function	31
11. Goitre of puberty	32
<b>Chapter 3: Secondary Sex Characteristics</b>	<b>33</b>
1. Onset of Puberty	33
2. Appearance of secondary sexual characteristics in boys	33
3. Appearance of secondary sexual characteristics in girls	34
4. Appearance of secondary sexual characteristics in puberty	35
5. Change of voice during adolescence in boys	35

6. Delayed puberty	35
<b>Chapter 4: Menstruation</b>	<b>36</b>
1. Menstruation	36
2. First menses in girls - Menarche	36
3. Relation of menarche and height	37
4. Regularity of monthly period	37
5. Cessation of monthly period - Menopause	38
6. Untouchability of a menstruating lady - tradition in India	39
7. Common menstrual disorders	39
8. Effect of climacteric or Menopause	40
9. Misconceptions about menopause	42
<b>Chapter 5: Breasts</b>	<b>44</b>
1. Structure of Breasts	44
2. Factors controlling the size of breasts	44
3. Misconceptions about breasts in adolescent girls	45
4. Measures for increasing size of breasts	46
5. Asymmetric enlargement of breasts in adolescent girls	47
6. Prominent breasts in an adolescent boy	47
<b>Chapter 6: Normal variation in sexual maturation and stature</b>	<b>49</b>
1. Early sexual maturation - Precocious puberty	49
2. Causes of delayed sexual maturation	50
3. Adolescents (14 to 15 years) looking younger (8 to 9 years)	50
4. Causes of short stature	51
5. Measures to increase the height of a child	52
6. Causes of tall stature	52

7. Measures to reduce the height in girls	53
8. Causes of faulty posture	53
<b>Chapter 7: Skin and Hair</b>	<b>55</b>
1. Pimples - their management	55
2. Lines appearing on thigh, buttocks and shoulders in adolescents	55
3. Difference in distribution of hair in men and women	56
4. Hairy girls	57
5. Causes of baldness	57
<b>Chapter 8: Growth and development</b>	<b>58</b>
1. Growth and development of teenagers - characteristics and its practical implications	58
2. Nutritional requirements during adolescence	61
3. Improving one's interest and concentration in study	62
4. Becoming a successful group leader	64
<b>Chapter 9: Smoking and Drug addiction</b>	<b>66</b>
1. Smoking or tobacco chewing - injurious to health	66
2. Drug addiction	68
3. Effect of drugs that can cause addictions	70
4. Suspecting drug addiction in a child	75
5. Common drugs causing addiction	76
6. Factors impelling young people to seek drugs	78
7. Treatment of a drug addict	80
<b>Chapter 10: Teenager - Parent interaction</b>	<b>83</b>
1. Parents grumbling about their teenager	83
2. Thoughts and behaviour of adolescent children	85
3. Avoiding friction between adolescents and parents	86

4. Generation gap	88
5. Narrowing generation gap	90
6. Hints to tackle teenagers tactfully	92
7. Training teenager to live a happy and peaceful life	94