

Remedies on problems faced by Teenagers

Preface

This Text deals with the peculiarities and problems of teenagers, that is, 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 reproductive organs are given. The common problems of adolescence like pimples, faulty posture, masturbation and menstrual disorders are discussed. The dangers of smoking, alcohol and drug addiction are stressed. 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 husbands or wives 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 their adolescence smoothly and develop better ties with their parents. This Text gives in detail 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 the teenagers and their parents to understand each other. It will help the parents to guide their teenagers tactfully and give them an insight for becoming better parents - **Authors**

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