

Hello everyone.

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In this part of the video, I want to talk about all the physical challenges that a team goes through in their lives.

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This period is marked by rapid physical development and can be exciting and challenging.

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Adolescence is a time of transformation from childhood to adulthood.

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It's a time marked by physical growth and maturation, but it also includes changes in emotional and social fears.

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Let's delve deep into these challenges and discuss ways to navigate them.

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During adolescence, teens often experience sudden and rapid growth spurts.

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Imagine waking up one day and the pair of jeans he bought last week does not fit you anymore.

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This can be disorienting for teenagers as they're adjusting to their newly changing bodies.

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It often leads to feelings of awkwardness or clumsiness.

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Some may even experience growing pains in the middle of the night, especially in the legs.

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These are aching, throbbing pains that occur usually at night and can disrupt someone's sleep.

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It is important to know that everyone's body develops at their own pace and feeling awkward is OK.

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To cope with this, teens should engage in regular physical activity.

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Exercise can help strengthen muscles and increase balance and coordination, lessening the feelings of clumsiness.

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The next topic I want to dive into is hormonal changes.

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The surge of hormones during puberty leads to physical changes like acne, voice deepening in boys, and menstruation in girls.

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These changes can often cause discomfort and self-consciousness.

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Acne can be distressing for teens as they are in the stage of their lives where they value appearance.

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Teenagers need to have open conversations with parents and their counselors about these changes so they can reduce their feelings of self-consciousness.

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The next topic I want to dive into is body image issues.

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As teenagers, bodies change.

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They often feel the pressure of society to look a certain way and that only a certain type of body is attractive and the rest of it is not attractive.

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This can lead to body dissatisfaction, eating disorders, and unhealthy eating patterns.

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Social media often creates an image of an ideal body which is hard to maintain and can lead to body dissatisfaction.

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We need to promote a positive body image by emphasizing health over appearance and encouraging teens to value the abilities in their bodies rather than their looks.

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The next topic I want to dive deeper into is sleep pattern changes.

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Many teens experience changes in their sleep patterns at this age due to a natural shift toward later bedtimes and wake times.

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The shift in sleep patterns is due to a change in the biological clock in adolescence.

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This conflicts with early school, leading to chronic sleep deprivation, which can affect cognitive functions and academic performance.

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To cope with this, teens need to find the time to rest.

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It is not laziness that is making you feel sleepy.

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You're just going through a phase of life where the body requires more sleep.

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Besides personal changes, we also need to advocate for later school times so that teenagers can have good sleep hygiene.

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The next topic I want to delve deep into is sexual development.

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The development of secondary sexual characteristics and increased sexual feelings can be confusing and stressful for some teens.

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Navigating these changes in managing societal expectations about sexuality can be often challenging for many teenagers.

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It is important to provide teens with accurate sexual education and provide them with a safe space where they can ask questions.

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In essence, these physical challenges are a normal part of a teenager's life.

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Teens need to have access to accurate information and supportive adults who can help them navigate these changes.

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Thank you for watching this video.

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I've provided a whole transcript of the video on my website and I've also provided resources for further reading.

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Thank you and have a great day.