

Hello guys.

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In this video, we're gonna delve deeper into another significant aspect of adolescence which is social challenges.

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This period of rapid physical and emotional development is often accompanied by changes in how teenagers view the world.

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They start to perceive the world from a new point of view, and this comes with its challenges and experiences.

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So let's delve deeper into each of these topics.

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The first topic I want to discuss is peer pressure.

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As mentioned before, peer pressure is when teens face pressure from their peers to conform the new styles, attitudes, and behaviors.

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This can range from harmful trends or kinds of music to serious issues like substance use, sexual behavior, and or academic dishonesty.

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Another challenge many teens face at this age is bullying.

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With the admin of social media, bullying is no longer confined to school grounds.

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Cyberbullying can occur at any time and it can be deeply damaging to a teen.

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Along with this, traditional forms of bullying are still active and are still a major problem for teens.

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Another challenge that teens face is social anxiety.

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As teens develop an increased awareness of how others perceive them, it can lead to social anxiety.

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This can manifest as extreme shyness, avoidance of social situations, or distress in crowded places.

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Another social challenge that a teen faces is friendship dynamics.

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Friendship during adolescence can be intense, but also volatile.

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Disagreements can escalate quickly and can lead to social isolation and feelings of loneliness.

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Another major social challenge that teens face is navigating romantic relationships.

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As mentioned before, many teens are exploring romantic relationships for the first time at this age, and it is important for one to know how to manage them.

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They need to navigate the complexities of dating, breaking up everything in the middle.

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In this section of the video, I want to talk about strategies to overcome these social challenges.

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Overcoming peer pressure involves building self-confidence, practicing assertiveness, and choosing friends who respect your decisions.

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It's important to remember that it's OK to say no and stand up for what you believe in.

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the topic I want to discuss is bullying.

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So if one is the victim of bullying, they should try to report it to a trusted adult at their school or their parents or any professionals.

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They are often scared to do so because they feel that they will be labeled as snitches and nobody else would accept them in the school because they have done something wrong.

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If you're getting bullied, an adult needs to know and you're not snitching on anyone if you are reporting someone getting bullied.

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It is important that if one person sees someone get bullied, they need to report it immediately to someone.

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Many things are also experienced social anxiety and there are many ways to overcome that too.

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To overcome social anxiety you need to build self-confidence.

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You need to know that there is no one better than you.

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You need to think that you are the best.

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Having an attitude about yourself will help you build your confidence and will help you keep a voice in front of other people.

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Will also help you feel less anxious or scared in many social situations.

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If one is experiencing difficult friendship dynamics, they need to talk it out and be honest with each other about everything.

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And if they still can't fix it, they need to seek out help from a trusted adult or professionals.

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If one is experiencing difficulties in navigating romantic relationships, they need to seek out help from trusting the dose and or professional counselors.

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In these cases, you should often not take advice from friends or any of their peers.

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Of your age group who are not qualified enough to give you advice.

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In essence, social challenges are also a common challenge during adolescence.

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These challenges can be difficult and distressing, but with patients understanding good self-care and supportive adults, it can become easier to navigate through these challenges.

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But it is also important to note that for each of these challenges, it is better recommended that you seek out professional help.

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Thank you for watching this video.

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I provided you all with the transcript of this video and further readings to do on these topics.

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Thank you.