

So that person grows up with no confidence, not willing to face the world, in the positive way. That is not a good thing. We want our young people to grow up knowing that they are loved, have a sense of autonomy, and they have a place to belong.

How long will take this whole process to happen.

So in history, we would say that, adolescent begins with puberty and end with culture. When the adult community see you as an adult, at the sametime you are part of the adult community. However, going back to history, the stats says that most children reach puberty in the middle age like 14,15 internationally.

Very quickly the transition from being seen as a child for beign a member of an adult community. For an example a young boy as soon as he reach his puberty. And he is big enough

to work with his father, and strong enough, he will be out there helping his dad, even in his farm, fishing or building whether hes a carpenter. For of the history of the world, most of the boys follow their father's trade. He will from being a child to be an adult, maybe in two years. Girls similiary, once they were old enough to help their parents especially their mother, they will work with their mothers in the kitchen or maybe out in the farm. Therefore, transition from the childhood to adult in very quick.

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SIMPLE TO WAYS

Understand an
Adolescent's Journey

SIMPLE WAYS TO UNDERSTAND ADOLESCENT JOURNEY



Adolescence is the period of transition between childhood and adulthood. Children who are entering adolescence are going through many changes (physical, intellectual, personality and social developmental).

This is where Individuation comes in when the young man and a young lady becomes individual or becoming his own person. However, Individuation's process involves three main key tasks.

① IDENTITY

Is to develop their own identity (who am I?) every young person grows up asking that question.

So if young person grows up in a very warmth and lovely environment, with parents nurturing them and give them value and affirm them, good nutrition, warm clothing, that person grow up thinking, I am very secure, I am loved and I am just ready to go out to the big world.

② AUTONOMY & PURPOSE

The second key task is for the young person to develop his Autonomy & purpose (Do my choices matter? it is about power (Agency). Young person need to know that their opinions have valued, that they have valued a person.

In addition, so they have made a comment and does anybody is listening to them.

And if the care givers around them, like their parents, their families, their church, affirm them and love them not necessary always agree with them, but at least don't put them down or diminish them, then that person grows up knowing that when they say something people have listened to them.

That is very important to young people to get that sense of power, or in the other word is an agency.

③ BELONGING

The third key task is the sense of Belonging. Where do I belong? Where do I fit in? In this area, we might think of everyone is loved by their parents and their families love them, even their soul parents, there grandparents.

Therefore if they grow up knowing that they are loved in their home environment, they grow up with the healthy sense of they belong somewhere. It also like to think that it is the same

thing in church, and they are loved in the church, when they in their church. They are loved by their class members and they love them, and so as well as in the universe. Those three things that are keys for young person to develop, in terms to become a matured function adult.

What happens if this journey is not manage well?

If a young person grows up in a context where they are not necessarily given that love and nurture, if that young person's journey involves pain, or various kind of abuse, whether it be neglect or emotionally abuse or physical abuse, or sexual abuse or lot of pain, the young person might grow up thinking where do I belong.

I do not know where I belong. I do not know where I fit in. I do not know who I am. I am not quite sure where I have any power.