

I'M FEELING DIFFERENT

We don't turn into adults overnight.

Adolescence is more like a journey or a season in your life.

Some days you will feel more like an adult and want to be treated that way. You'll want more responsibility and more 'say' about what you do. Some days it won't matter so much as you will feel comfortable and safe. This is natural but it can be confusing for you and your family as you get used to the new you!

Use the following prompts to have a conversation together with Mum and Dad. Write some notes in the spaces below.

Adults often hold onto some part of their childhood that is special to them. For example, they may have kept an old toy, they may enjoy re-reading an old childhood book, or they may have a favourite holiday place to visit.

? What memories or objects do Mum or Dad still treasure from their childhood?

? What do you think you will still treasure from your childhood as you become an adolescent and later an adult?

Your parents have already made the journey from childhood....

? What did your Mum or Dad enjoy most about *becoming* an adult (in their late teens or early 20's)?

? What does your Mum or Dad most enjoy *now* about being an adult?

Now how about you...

? In what ways do you like to be treated like an adult?

? Do you sometimes feel sad or worried about growing up?

? Does Mum or Dad feel sad about you growing up?

Finished!