



Sharing by VP Mdm Teo Ting Ting

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Outline

- My Growing-Up Journey as a Student
- Tips on Managing Life as a Teenager



Learning Points

- Everyone has their own strengths
- You are responsible for your own choices
- Care for your friends and support one another

Managing Your Life as a Teenager

*Tips to Navigate Teen Life and
Parents*





Learn tips to manage teenage life better

Are you ready to explore?



Let's Talk About Parents

Do you feel that your parents are naggy?

Rate on a scale of 0 to 5:

0 = Not naggy ; 5 = Very naggy.



Why Do Parents Nag?

The Secret Behind Nagging



Parents nag because they care

Let's explore way to stop the nagging



How to reduce nagging:

**Responsibility
Communicate
Trust**



Responsibility

- Wake up on time without reminders
- Organize your desk and make your bed
- Complete homework on time, revise your work.
- Use devices responsibly
- Make reading a habit



Communicate

- Tell them about your day, ask about their day too.
- Own up to mistakes, admit and apologize sincerely.
- Reframe their concerns, respond positively to criticism.
- Compliment them, appreciate what they have done (or not done) for you.



Trust

- If you want more freedom, show them they can trust you.
- Rules are not meant to trap you, they are meant to guide you.



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