



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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