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Being a teenager is hard. There are many problems they need to face such as peer pressure, schoolwork and social media problems, but let's just talk about family problems. Today, I'm going to talk about 3 common family problems faced by teenagers nowadays.

Arguments happen all the time. You may not prioritize this problem, as it happens to families very often. Although there are better fights that clear the air, there are bad ones which might result in divorce, etc. As a teenager, I would not want my parents to argue loudly in the living room when I am in my room worried about my homework. I would not want them to fight during a family trip that I have been longing for. Therefore, dealing with arguments is very important. I suggest parents stop and think about these questions when having a fight - How would you feel when your parents are arguing in front of you? How would it adversely affect your mood? In this way, they can understand their children's feelings and perspectives much better.

Lack of proper communication is another issue. Nowadays, teenagers chat with friends through instant messaging, texting and social networking sites such as Facebook and Instagram. Young people prefer to communicate through electronic means rather than face to face communication. Why? Face to face communication has become foreign to teens. They are addicted to electronic devices. To have better communication, first, teens have to stop indulging in a bunch of games, social media and websites, etc. As a teenager myself, I

know this can be difficult and it's not as easy as you think. Therefore, try to focus on your studies, hobbies, or anything that is healthy. Maybe it is good to spend some time hanging out with friends, going for a walk or even traveling to different places. As long as you enjoy playing outdoors, you'll forget the game you have been addicted to and then you can improve your communication skills.

Divorce is a total nightmare for teenagers. They blame themselves for the divorce and they go through pain when their family is broken. Parents are responsible for all these - so if necessary, don't resort to divorce in solving your problems. Try to figure the fights out. For teenagers who are going through sadness, talk to a friend, counsellor or anyone you trust. You should remember this is not your fault at all. If not, you might suffer from mental illness.

These are the 3 common family problems teenagers are facing. There's a solution to everything and you are the one to choose whether to cope with your problem positively or negatively.