

## A teenager's thoughts on growing up

Growing up is not always easy. Well, actually, it is never easy. Growing up involves so many challenges and messed-up feelings. You get to experience yourself every day in a different way. Everything changes. You may lose some of your so-called best friends and then, all of a sudden, there are a few people who understand you and love you for who you are. They will stand by you, no matter what happens. Nothing could tear you apart; these are so-called real friends. Trust me; they are rare so keep them close as they are the most precious thing you have!

Then, there are the obvious things that come along with growing up. Being a child does not sound that complicated. But! But imagine, your best friend Shannon invited you to her Barbie-themed birthday party. So, two or three years before the event, you and your mom go to the mall to buy Shannon a gift. You as a six-year-old little girl are obsessed with these dolls. Looking through the store you see the perfect Barbie. This doll can sing three different songs and if you push the star button on her chest, her dress starts to shine. With your tiny feet you start running towards your mom and pull at her blouse. You cannot believe it but your mom actually buys your dream doll. And as you hold her in your hands, your eyes sparkling of excitement, you hear the four deadly words: "This is for Shannon!" and the second after it lands in mommy's bag. So, now you have two options. Your first one is easy. You could leave the sparkling Barbie for Shannon and wait until your next birthday, but who would want to do that? So there is this other option, where you could change Shannon's doll with one of yours, so you could keep the one you love so much...

See? Being a child is sometimes even more complicated than being a teenager. But it rarely seems as stressful as puberty. That is one of the things I miss about my childhood. Life was so relaxed back then: kindergarten with your friends, playing whatever and whenever you like. No school to worry about let alone personal issues and boys. Oh yes, boy. Well, having a crush is bad. It can turn out great or the complete opposite. In kindergarten even love was easy-going. A little confession about your feelings and all of a sudden you were married. How I miss these times!

Every now and then, for a special day like Mother's day or Christmas, you and your so-called husband tinker a more or less beautiful bird house and paint it in multiple colours.

Now your art teacher expects you to make a perfect copy of Da Vinci's Mona Lisa. Not even your poem about how much you love your mommy will be accepted for your German test.

The life of a teenager in the middle of puberty is terribly exhausting. Everything feels upside down. Your parents tell you that you are still a little child and have to be taken care of. But then, they expect you to do mature things as well and treat you like you just turned fifty. On the one hand, you like it since you now feel grown up, want to do things that older people do as well, like going to parties, maybe drink some alcohol (only if it is legal of course ☺), stay out late, maybe even have a boyfriend. Even though it is annoying that your parents treat you like a baby when it comes to these things, they do not mean to mean or do that on purpose to harm you. They are trying to protect you. Well, at least that is the one thing I always tell myself, when I am angry at my parents for doing the exact same thing to me! ☺

Since I am mostly talking about girls here, I will list the top three things that affect girls at the age of 13 to 18 the most.

### **3. The urge of being cool**

God, how I hate this one! There is nothing worse than having everything you do, wear or say judged by everyone. Every day before you go to school there is always this pressure of looking perfect. Your hair, makeup, outfit, everything has to be in the right place. Many girls are consumed by their desire for popularity, sometimes so bad that they lose their self-respect and do things, which they later regret just to climb the popularity ladder. Since girls are so desperate about their outfits, many groups of friends split up. Instagram has more importance than it should. Fortunately, when they grow older, they gain confidence and lose their interest in these things. Finally, they realise how stupid this whole competitions was. Looks become irrelevant and friendships can be rebuilt!

### **2. Body shaming**

This is the biggest issue I would say and very similar to the urge of being cool. There is nothing worse for a girl than thinking negatively about her body. Even though there is absolutely no reason to do so! Every girl/woman is beautiful! We are all different in our character, hairstyles, body size and still we are the most gorgeous creatures on this planet. It is no crime to take a size bigger than usual; if anything, it is brave and normal. Having a size zero can be dangerous since it is so unhealthy to have these kinds of measurements.

Let us be honest, no one can deny their love for sweets, cake or other so-called “unhealthy” foods. Of course, you should keep your fast-food consumption to a minimum but what is unhealthy? Is it unhealthy to enjoy a piece of chocolate every now and then? Since I am doing it the exact same way, I would say no!

### **1. Boys**

Well, don't we love them? Their humour, their laugh, the way they make you smile. Once and for all, boys are an essential need at a certain age. Nothing is more exciting than your first date. What to wear, where to go... And even after all your worries, something will go wrong. I have never heard of or experienced the perfect first date.

The same goes for first kisses or boyfriends. Do not expect too much. Not only you also will the guy be nervous like hell to meet you. So do not be disappointed if something goes not the way you planned. Make the best of it and maybe something completely different and maybe even better will happen!

Also, do not get lost in a crush. Yes, being in love is the best feeling you have ever experienced but sometimes it is better to forget the affection and focus on life again. You will find the right one, I promise!

All in all, I can say that your childhood is probably the most relaxing time you will ever experience. The life of a teenager may be exhausting and hard, but in time you will come to know how to survive it. Have fun! Do not take everything too seriously!

Just live your life the way you believe is best for you.