



## **DEVELOPMENTAL CHANGES DURING ADOLESCENCE AND COPING STRATEGIES**

**Grade: 7 - 9**

**Friday,  
2 May 2025**

**RESOURCE PERSON :**

**MR. SREEHARI R.  
CLINICAL PSYCHOLOGIST,  
ZIVANZA WELLNESS**

### **INTENT:**

The primary intent was to provide a safe, educational and empathetic platform for adolescent boys to understand the rapid changes they are undergoing, reduce stigma around emotional challenges and foster self-awareness and emotional literacy.

### **EXPERIENCE:**

Coping Strategies Emphasised

- Maintain hygiene, eat healthy, and exercise regularly.
- Journal emotions and seek support from trusted individuals.
- Use mindfulness, deep breathing, and music to manage stress.
- Build assertiveness and boundary-setting skills.
- Practice refusal skills and choose value-based friendships.
- Develop time management habits for academic balance.
- Engage in digital detox to protect mental and physical well-being.
- Celebrate small successes to build resilience and confidence.
- Promote empathy and inclusive behavior in peer relationships.

### **INSIGHT:**

Students learned that adolescence is a natural and evolving phase marked by change and uncertainty. The workshop highlighted that while these changes may be overwhelming, adopting healthy coping mechanisms and seeking guidance can ease the transition and build long-term resilience.

**CREDENCE HIGH SCHOOL, DUBAI**

