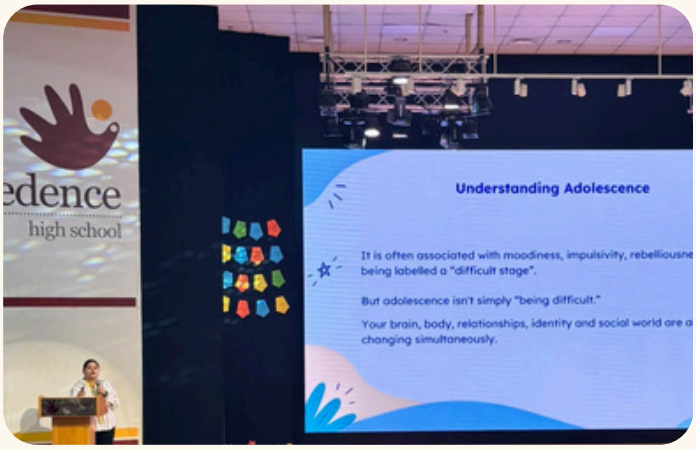
CREDENCE HIGH SCHOOL

COPING WITH SOCIO-EMOTIONAL DEVELOPMENTAL CHANGES DURING ADOLESCENCE

GRADES
6-8

Date
18 September 2026









INTENT

The session aimed to help students understand the emotional, social and psychological changes that naturally occur during adolescence and to normalise these experiences. It focused on developing healthy ways to manage emotions, communicate effectively, build positive relationships and navigate peer pressure. The session also promoted awareness of identity, independence, body image, self-esteem and digital influences, encouraging students to make safe, mindful and responsible choices during this important stage of development.

EXPERIENCE

Students participated in an informative and age-appropriate session facilitated by Dr. Tulika Shukla, M.D. Psychiatry, Zivanza Wellness, Dubai. The session explored key aspects of adolescent development, including changing emotions, identity, independence, friendships, peer influence, body image and self-esteem. Students were encouraged to reflect on their experiences and consider healthy responses to emotional and social challenges. The discussion also highlighted digital influences and the importance of making responsible choices.

INSIGHT

The session highlighted the importance of helping adolescents develop self-awareness and understand the changes they experience rather than reacting impulsively. Students were encouraged to recognise healthy coping strategies, effective communication and supportive relationships in navigating adolescence. Discussions around peer influence, body image, self-esteem and digital choices reinforced mindful decision-making. Overall, the session encouraged students to approach adolescence with greater understanding, confidence and responsibility.