

Adolescents : Who, What & Why?

1. Mendefinisikan remaja adalah antara umur 14 tahun – 19 tahun. Peringkat di mana status Individu tidak jelas antara kanak-kanak dan dewasa yang blh menyebabkan berlaku konflik pada perasaan mereka.
2. Psychologist G. Stanley Hall menyifatkan Adolescent merupakan satu fasa 'storm and stress' di mana pada fasa ini digambarkan biasa berlaku *conflict with parents, mood disruptions and risky behaviour*.
3. Peringkat masa remaja perlu dibantu dengan segala skill dan kepakaran pihak tertentu.
4. What do adolescents want from us?
Listen, non judgemental, trusted, not to be treated as small kids, empathy vs sympathy, firm vs rude.
5. Tugas seorang dewasa untuk cuba memahami dan mengawal keperluan mereka tanpa mengharapkan bagaimana remaja itu mengawal/ memberi tindakbalas mereka.
6. Kesimpulannya, Adolescence Involves biological changes, DO NOT be judgemental, LISTEN to adolescents and the most Important are to GUIDE THEM.

What's in the HEADSSS : Psychosocial screening

Cara-cara pakar adolescent dan kanak-kanak berinteraksi bagi menyelesaikan masalah.

Interview tips:

- Be interactive rather than interrogative
- Listen and provide non-verbal support
- Check language if unsure of meaning
- Answer questions simply and honestly
- Progress from neutral to more sensitive topics
- Ask permission to ask sensitive question
- Use the 'third person' approach
- Respect the young person's concerns and point of view

HEADSS/ HEADSSS

Home, Education/ Employment, **Eating** Activities, Drugs, Sexuality, Suicide, **Safety**

HEADSSS provides

- A psychology biopsy
- An opportunity to facilitate rapport
- A clinical impression of risk profile
- A guide to intervention

Lain-lain tajuk adalah berkaitan menangani/managing of penyakit-penyakit dikalangan remaja seperti

End stage renal disease, SLE, eating disorder, teens with problematic internet usage, acne, teenage pregnancy.