

## **The Many Issues Facing Our Teens Today and How to Deal With them as Parents** *Teen pressures, Issues Around Puberty, Partying, Dating, Drinking and Drugs*

- Being self-aware and having self-respect to oneself and others
- Ways for building self confidence in growing girls and boys to say NO to temptations
- Being responsible, ability to own up to own mistakes and be given a chance to address a mistake made by teen anger
- Not indulging in self-destructive behavior
- Rebellion when youth is misunderstood by parents or presumed to be in the wrong activities
- Effect of Domestic violence and other ill issues at home and its impacts on the mental health of teenagers

**Session I: 10:00 AM – 11:30 AM (Moderator: Naveed Siddiqi – Board Member of ICLI)**

### **Panel Speakers**

Zainab Ali, Inur Mamoor, Students  
Sijjad Chaudhry, Saira Qurishi, Kushel J. Ahmed, MD

**Session II: 11:30 AM – 1:00 PM (Moderator Shaida Khan – DHF)**

### **Panel Speakers**

Nazli Chaudhry, Robina Niaz, Zobia Risvi, MD



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