Healthy-nova

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Health newsletter from AFA Creanova

Hello families!

In this new number of Healthy-nova we are going to focus on our older boys and girls. We will talk about puberty and adolescence.

This is one of the most fascinating and also complex stages of our development. Important physical, mental and emotional changes take place for the transition to adulthood and, despite its complexity, with empathy and good information we will be prepared to accompany them during this period.

In order to offer you useful information, I have brought you several resources.

The first of these is the website of the **Spanish Society of Adolescent Medicine (SEMA):**

https://www.adolescenciasema.org/

Here you will find information on a wide variety of topics (sexuality, mental health, screens, drug use...) aimed at parents, teachers and teenagers themselves.

It also offers recommendations for books, videos and workshops and access to the magazine Adolescere, aimed at health professionals but with an interesting section of questions asked by parents and another with testimonies given by the boys and girls themselves.

The second recommendation is for another website, in this case **Salud Joven**, from the Spanish Association of Primary Care Pediatrics.

https://www.familiaysalud.es/salud-joven

It offers multiple articles written by health professionals specialized in the adolescence phase.

They are aimed both at teenagers themselves and at their parents and educators.

My third recommendation deals with the relationship with screens. We have more and more evidence of the disruption that they can cause in children's and teenager's development in case of overuse. To advise on their good use I recommend this web page:

1segon, promoted by the Sant Cugat Town Hall

https://1segon.cat/es/pantallas/

It offers informational resources for a healthy relationship with screens for families and teenagers.

We can also find a section dedicated to drug abuse.

They also have a free individual advice service with both a preventive and interventional approach for cases in which the problem is already established.

And in paper I propose these two titles:

1. **The adolescent brain**, by David Bueno, for parents and educators. It offers clear explanations about how the adolescent brain works and changes, and how this brain maturation explains many of the typical behaviors of this stage.

2. **Anxiety, it happens to me too**, by Iris Pérez-Bonaventura, for teenagers. In a pleasant and familiar language so that they learn to identify and manage anxiety symptoms .

And I want to end this issue with a recommendation for our **pre-teens**. Although they have not fully entered this stage, doubts and concerns are already beginning to arise about the future changes in their bodies, as well as curiosity about relationships and sexuality. For them and their families I bring you some reading recommendations.

Two highly recommended books to resolve doubts about the changes in boys and girls bodies when puberty arrives.

Easy reading so they can read it by themselves.

And about sexuality:

It answers questions about sexuality formulated by the boys and girls themselves.

In a fun way but at the same time truthful and sensitive.

A kind way for them to approach to that unknown world of sexuality.

I hope you find these recommendations useful and you can enjoy and share them with your boys and girls.

See you in the next issue of Healthy-nova.

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