

**“Building Character is not an Extra. It’s the Foundation for Excellence in Every Area of Life,”
Dr Martin Seligman.**

Introduction

Adolescence is a transformative bridge between childhood innocence and the intricate tapestry of adulthood, typically spanning ages 10 to 19. This captivating decade is a whirlwind of self-discovery, where young individuals embark on a thrilling journey, encountering a rich tapestry of challenges that shape their emerging identities. Each hurdle and triumph during this vibrant yet equally draining period catalyzes adolescents toward a profound understanding of themselves and their ever-evolving place in the world. It’s a time when the seeds of the future self are thoughtfully sown, nurtured by experiences that rigorously test resilience, adaptability, and personal growth. Embracing this journey with curiosity and openness can lead to profound self-awareness and a robust foundation for the adventures.

However, as astutely highlighted in Dr. Leonard Sax’s thought-provoking work, *The Collapse of Parenting*, the growing concern is that many young minds are not fully maturing during this crucial phase. Sax points to a troubling trend: the shifting of authority from parents to children, which has inadvertently contributed to a decline in resilience and a rise in fragility among today’s youth. This paradigm shift has led many children to seek guidance from their peers and the vast expanse of the Internet rather than from the wise counsel of their parents.

Yet, cultivating self-awareness during adolescence can serve as a powerful counterbalance to these challenges. By fostering a deep understanding of their emotions, strengths, and values, adolescents find themselves better equipped to navigate the complexities of this transformative stage. Self-awareness nurtures resilience, enhances decision-making skills, and promotes a stronger sense of identity. These tools enable young individuals to approach challenges with newfound confidence and adaptability. Incorporating self-awareness practices across various environments empowers adolescents to become well-rounded, emotionally and, therefore, socially intelligent adults.

In our inaugural Girls Rising Strong (GRS) and Boys Breaking Through (BBT) session, we delve into the pivotal question: Who am I? By nurturing self-awareness, we empower adolescents to navigate their formative years with clarity and confidence. Drawing from a wealth of evidence-based research, expert insights, and enriching experiential learning, this session provides a solid foundation for personal development. As Dr. Leonard Sax emphasizes, self-awareness is the launching pad for emotional intelligence, resilience, and a well-balanced identity. The *Four Benefits of Cultivating Self-Awareness* from the Khalil Center further illuminates how this essential trait influences emotional regulation, personal accountability, and spiritual growth.

This blog will explore why self-awareness is beneficial and a critical cornerstone of adolescent development. We’ll examine its profound impact on relationships and share insights on what parents can do to support their children on this enlightening journey. So, let’s embark together on this transformative adventure toward self-discovery and growth!