

## Princess Corner Introduction

Host: Mother Shamarah  
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- **Leviticus 5:1 (KJV)**

**5** And if a soul sin, and hear the voice of swearing, and is a witness, whether he hath seen or known of it; if he do not utter it, then he shall bear his iniquity.

- **Proverbs 27:23 (KJV)**

**23** Be thou diligent to know the state of thy flocks, and look well to thy herds.

*“It is our responsibility to know the state of the flock of our tween and teenage girls, particularly ages of 13-19 years of age.”*

Link to topics discussed: <https://www.jbcnschool.edu.in/blog/common-teenage-problems-solutions/>

### **Common Teenage Problems And Their Solutions**

Teenagers face real concerns, between 13 and 19 years of age daily, as this is the most awkward growth stage of their lives. During this time, teens are exposed to some overwhelming external and internal struggles. They go through and are expected to cope with hormonal changes, puberty, social and parental forces, work and school pressures, and so on. Many teens feel misunderstood. It is vital that their feelings and thoughts are validated, also that the validation comes from their parents. Parents need to approach their children, who have been dealing with teenage growth issues, carefully and in a friendly manner to discuss the concern(s).

The common teenage problems that teenagers face today are usually related to:

- Self-Esteem and Body Image
- Stress
- [Bullying](#)
- Depression
- Cyber Addiction
- Drinking and Smoking (drugs)
- Teen Pregnancy
- Underage Sex
- Defiant Behaviors
- Peer-Pressure and Competition

Not surprisingly, all these common teenage problems are connected to one another, in some way. However, it does not mean that having one would lead to the other.

## **Communication and Safe Space**

A clear communication channel opens many possibilities. This not only enhances the relationship but also helps the child confide in the parents about sensitive topics like bullying, peer pressure and abuse. Parents need to feel free to talk to their teens about certain common teenage problems like dating, sex, drugs, and alcohol. It is this inability to discuss the good and bad points that drives them to take wrong steps out of curiosity. Effecting use of communication will foster building of trust, respect and acceptance between the teen and the parent.

*“Our goal with this platform, (Princess Corner) is to utilize this space for effective communication and to address the issues that our teenage girls are having right now. “*

### **Things we hope and pray to accomplish:**

- 1. Create a safe teaching environment based on (Titus 2:3-5) for our girls to love God and keep his commandments to become faithful servants. Now, not later, now.*
- 2. Grooming them to be help meets and keepers at home.*
- 3. Teach them to respect their bodies and love themselves and their nation.*
- 4. Identify problems with our young women, the issues and insecurities so we can apply biblical solutions to raise spiritually, physically and emotionally beautiful Daughters of Sarah.*

- **1 Corinthians 10:13 (KJV)**

13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

- **1 Corinthians 10:21-22 (KJV)**

21 Ye cannot drink the cup of the Lord, and the cup of devils: ye cannot be partakers of the Lord's table, and of the table of devils.

22 Do we provoke the Lord to jealousy? are we stronger than he?

“We cannot be lukewarm as the scriptures say, we cannot have one foot out in the world and another in the congregation. Application of the scriptures is an action.”

Link to topics discussed: [https://www.momjunction.com/articles/common-teenage-girls-problems-and-their-solutions\\_0078619/](https://www.momjunction.com/articles/common-teenage-girls-problems-and-their-solutions_0078619/)

## **10 Common Teenage Girl Problems And Their Solutions**

Like every coin with two sides, this wonderful phase comes with a lot of challenges too. You might find your teenage girl facing plethora of problems. Teenage is a time that is filled with

confusion and small matters seem big. As a parent, you need to extend help to your girl in facing these teenage girl behavior problems. Below is the list of teenage girls' issues, read on to know more.

Most common problems of girls are appearance, education, dating, bullying, friendship, self-esteem, peer pressure, substance use, menstruation and depression.

## **1. Appearance**

This probably features as the number one problem on every teenage girl's problem list. This is the time when her body is constantly changing, and she must cope with it. To top it, she keeps seeing and hearing about these figure-perfect bodies. Media and peer pressure also play havoc.

### **Solution:**

- Monitor your teenager very closely.
- Discuss how these 'looks' are more of fads.
- See to it that your young girl doesn't adapt unhealthy eating habits.
- Ensure the people she spends time with do not act in an adverse manner.

### **• Proverbs 31:30-31 (KJV)**

**30** Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised. **31** Give her of the fruit of her hands; and let her own works praise her in the gates.

*"Your body will completely change as you develop into a woman, there will be weight fluctuations, you always want to make sure that you are attractive, neat, and clean. Your prince is coming, and you have years ahead of you to make sure you are prepared for marriage the right way, the Princess Corner wants to make sure you get there."*

## **2. Education:**

This is a time when your teenage girl must constantly prove her mettle by scoring high, doing well in exams and on other educational fronts. This creates immense pressure on your young girl and leads to stress and undue pressure.

### **Solution:**

Make your teenage girl understand that she should study well and score good marks, but that grades are no way of judging someone. Low grades do not make anyone less educated or less talented. There is always another test she can prove herself in. Encourage her to take up extra-curricular activities that she likes. This will help her unwind while building more focus and concentration power. (These activities for our young girls should be related to things that she can do for the body.)

- **2 Timothy 3:16 (KJV)**

**16** All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:

*“All of the wisdom, just like the wisdom of our foreparents, is going to come once we start applying the scriptures, then we will realize how smart we really are.”*

### **3. Dating:**

*“In Israel we do not do boyfriend and girlfriend, what happens is that when you watch tv and see commercials, you might think that dating and experimenting is normal, that is of the devil. We will be discussing the effects of pre-marital sex like sexually transmitted diseases, teen pregnancy, etc. The only things you are missing out on are herpes, or pregnant at sixteen with no baby daddy, and your youth and the opportunity to study under an aged woman to get your life in order. There is NO boyfriend and girlfriend.”*

### **4. Bullying:**

#### **Romans 12:18-19 (KJV)**

**18** If it be possible, as much as lieth in you, live peaceably with all men.

**19** Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.

*“Whenever you have a disagreement with your sister or whomever it may be, you need to be able to properly apply Matthew 18.”*

### **5. Friendship:**

Teenage makes every relation seem complex. Even the beautiful bond of friendship often meets shaky grounds. This is because as a teenager, your child is developing social skills. Your daughter might love her best friend one moment and might pick an ugly fight the next. This may result in aggression and mood swings.

- **Ecclesiasticus 6:7 (KJV)**

**7** If thou wildest get a friend, prove him first and be not hasty to credit him.

- **Proverbs 18:24 (KJV)**

**24** A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother.

*“We will be discussing how to prove a friend, not your friends from the world, those are your associates. You will learn that your real friends are the people who keep the commandments.”*

## **6. Self-Esteem:**

Teenage girls have this habit of comparing themselves, their body and their appearance to other girls of their age.

“A lot of teenage girls as well as older women have difficulties with self-esteem. The Most High has made all types of different beautiful flowers, one flower is not necessarily more beautiful than another, they are just different flowers. They are beautiful in their own way. We will go over self-esteem, and not to be jealous over another sister but rather to exhort one another. Believing that we were fearfully and wonderfully made starts with you. Women that have positive self-esteem grow up to be nurturers, loving, and healthy young women who are able to help with the building of the nation of Israel.”

- **Psalm 139:14 (KJV)**

**14** I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well.

## **7. Peer Pressure:**

Peer pressure forces teenage girls to behave a certain way that gives them a sense of belongingness. By giving into peer pressure they feel one with their peers. This even leads them to take up habits that they otherwise aren't supposed to or are interested in.

### **Solution:**

- Explain to your daughter what peer pressure is to help her identify it.
- Tell her that she is unique and may choose to like a certain band that her peers might not approve of. She can choose to be a certain way without feeling any detachment from her peers.

*“Peer pressure happens in Israel, not everyone who has a skirt with fringes and a border of blue is of Israel. Evil communication can happen on the internet, at school, in the body as far as gossiping and talking about things you ought not to.”*

- **1 Corinthians 15:33 (KJV)**

**33** Be not deceived: evil communications corrupt good manners.

## **8. Substance Use:**

*“There are many drugs out there that the media along with today's entertainers make it seem like it is a glorified thing and like you are missing out on something, but you are not. Drugs only bring the potential of death and getting raped.”*

**Solution:**

- Talk to your young girl about the bad side effects and detrimental effects of substance use.
- Explain how these give temporary good feeling while ruining her system, body, mind and soul from within.

**9. Menstruation:**

This is the time your teenage girl will enter her menstruation phase for the first time. She might develop a lot of misconceptions and queries too regarding her menstruation cycle.

**Solution:**

- Clear all her doubts first.
- Make her accept the fact that this process is natural. Tell her how every girl goes through this in her life and that it is part of leading a normal life.
- Teach her how to deal with emergency situations. Tell her to always carry an extra pair of underwear and tampons or sanitary napkins in her bag.
- She must also keep few medicines with her always, in case she suffers from headache or bad menstrual cramps.
- Teach her how to track her monthly periods and talk to her about pms-ing too.

*“There are other evil nations that believe when a girl gets her menstrual cycle she can get married, that is out of order. The scriptures say that the age of a man is twenty. If you are keeping the commandments and at the age of twenty, then you are at a marriable age. We will discuss your menstruals and how to take care of your body when you do get your cycle.”*

**10. Depression:**

Teenage girls can get affected by any random thing. When things don't go their way, or when they don't meet the standards that their peers have maintained, they feel pressurized and go into depression. Low grades, break ups, high parental expectations, weight gain, substance use, these are some of the many factors that trigger depression and are the major teen girl issues.

*“There are issues with some young girls who cut themselves, or who take pills and say that they want to kill themselves because they don't feel worthy. The opportunity to help our young women is now. If anyone is depressed or feels like they want to hurt themselves, please reach out to leadership and seek medical attention, if you are a mother of a young girl who wants to harm herself please call 911 and get medical care. Sometimes the hurt is so bad that you must cry it out, in that crying you need to cry to the Lord that he will help to heal you. Every single young girl needs to be able to develop a relationship with the heavenly father for yourself, that is the primary objective.”*

- **Psalm 40:1-3 (KJV)**

**40** I waited patiently for the Lord; and he inclined unto me, and heard my cry.

**2** He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings.

**3** And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the Lord.

- **Psalm 1:1-2 (KJV)**

**1** Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

**2** But his delight is in the law of the Lord; and in his law doth he meditate day and night.

- **Titus 2:11-14 (KJV)**

**11** For the grace of God that bringeth salvation hath appeared to all men,

**12** Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world;

**13** Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ;

**14** Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works.

- **Proverbs 15:22 (KJV)**

**22** Without counsel purposes are disappointed: but in the multitude of counsellors they are established.