

Only for Girls

*The Truth No One Told You
About Growing Up*

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BlueRoseONE.com
S t o r i e s M a t t e r

New Delhi • London

BLUEROSE PUBLISHERS

India | U.K.

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ISBN: 978-93-7825-034-7

Cover design: Aafiya Saifi
Typesetting: Namrata Saini

First Edition: May 2026

Foreword

Growing up is one of the most beautiful yet confusing journeys in a young girl's life. Between childhood and adulthood lies a stage filled with questions, emotions, physical changes, and social expectations. Many girls go through these changes silently, often unsure of whom to ask or how to understand what they are feeling.

This book gently opens the door to conversations that many families hesitate to start. It speaks to girls in a language they can understand and trust. From understanding body changes and emotions to dealing with friendships, peer pressure, bullying, and social media, the chapters in this book address the real concerns that girls experience during their teenage years.

What makes this book special is its balance of **science, emotional understanding, and practical guidance**. It reassures girls that what they are experiencing is natural and that they are not alone. At the same time, it encourages parents to see this phase not as a problem, but as an opportunity to build stronger relationships with their daughters.

Coach and Author **Kashish Sandhu** has created a guide that is both compassionate and empowering. Her experience in working with parents and children reflects in every chapter. The book reminds young girls that growing up is not something to fear—it is a journey of discovering strength, confidence, and self-respect.

This guide will serve not only as a book to read, but as a companion for girls and parents navigating adolescence together.

Dedication

This book is very close to my heart. When I was a young girl, growing up was not easy. I had many questions, many fears, and many emotions that I did not fully understand. I often wished there was someone who could guide me, explain things to me, and help me make sense of the changes happening in my life.

But many times, I had to find the answers on my own. Those experiences stayed with me, and they became one of the reasons I decided to write this book. I wanted to create something that I wish I had when I was younger—a guide that speaks honestly, gently, and openly to girls who are growing up and trying to understand themselves.

This book is dedicated to every girl who feels confused, overwhelmed, or alone during this journey of growing up.

To the girls who have questions but feel shy to ask. To the girls who are trying to understand their emotions, their bodies, and their place in the world.

I hope this book makes your journey easier, helps you feel understood, and reminds you that you are not alone.

With love and understanding,

Kashish Sandhu

Preface

As a parenting coach and someone who regularly interacts with families, I often hear the same concern from parents:

"My daughter has suddenly changed. She was so simple before. Now she gets angry, confused, embarrassed, and distant."

At the same time, when I speak to girls, I hear another side of the story:

"No one understands me. I have so many questions but I feel shy to ask."

This gap between **what girls feel and what adults understand** inspired me to write this book.

Adolescence is a time when a girl's body, emotions, and social world change rapidly. She may feel excited one moment and overwhelmed the next. Questions about appearance, friendships, family expectations, independence, and the future start appearing all at once. Unfortunately, in many cultures—including our own—these topics are often avoided or discussed with discomfort.

This book is written to create **clarity, confidence, and conversation**.

Inside these pages, girls will find answers to questions they may hesitate to ask aloud—about body changes, emotions, friendships, bullying, peer pressure, social media, and the

pressure to grow up too fast. The goal is not to lecture or judge, but to **guide and reassure**.

I also hope this book helps parents understand the inner world of their daughters. When adults listen with patience and empathy, a young girl feels safe enough to express herself and grow with confidence.

Every girl deserves to grow up knowing that she is **valuable, capable, and worthy of respect**. She deserves guidance that is honest, supportive, and empowering.

If this book helps even one girl feel understood, confident, and proud of who she is becoming, then its purpose will be fulfilled.

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What Makes a Girl a Girl

Being a girl is about so much more than just biology. Yes, chromosomes and hormones play their role, but being a girl is also about your thoughts, emotions, dreams, and the journey of becoming who you are meant to be. From the very beginning, every girl carries within her a unique mix of strength and sensitivity, curiosity and creativity, courage and compassion.

In India—and across the world—girls often hear different messages about who they “should” be. Some are told to be quiet and obedient, while others are encouraged to study hard and chase big dreams. These expectations can be confusing. So, what really makes a girl a girl? It isn’t about fitting into one box or following a single path. It’s about embracing all parts of yourself—the gentle and the fierce, the thoughtful and the bold.

Girls sometimes wonder, “*Am I good enough?*” or “*Do I have to act a certain way to be accepted?*”

These doubts come from society’s stereotypes, but the truth is: every girl is already complete. You don’t have to compare yourself to others or live by someone else’s script.

This book will help you understand the science of being female—how your body is designed and how hormones influence your growth. But equally important, it will remind you that being a girl is also about discovering your voice, your confidence, and your place in the world.

Whether you live in a bustling Indian city, a quiet village, or anywhere else across the globe, your story as a girl is powerful. You are not defined by limitations, but by possibilities.

This book is here to help you recognize that truth, so you can grow up with pride, courage, and joy in being *you*.

Why is this Happening to Me? – Understanding the Storm Inside a Growing Girl

There comes a time in every girl's life when she quietly asks herself:

Why is my body changing?

Why am I feeling so emotional?

Why do small things hurt so much?

Why do I care so much about what others think?

Why only me?

These questions usually stay unspoken.

Sometimes they are searched secretly on Google.

"Do you ever feel like something is wrong with you?"

"All the time... I just don't say it."

And sometimes, they are carried silently in the heart.

Growing up is not just about getting taller or starting periods. It is about emotional shifts, identity confusion, mood swings, new insecurities, and a deep desire to be understood.

One day you feel confident and strong.

The next day you feel confused and unsure.

You may feel different from others.

You may feel misunderstood at home.

You may compare yourself constantly.

But here is the truth:

Pause and Think: When was the last time you felt this way? Or What triggered it?, my dear.

Your body is adjusting.

Your brain is developing.

Your emotions are expanding.

Your identity is forming.

This phase feels overwhelming not because you are weak
—

but because you are transforming.

Every growing girl experiences moments of doubt.

Every girl wonders, “Why is this happening to me?”

And the answer is simple:

Because you are growing.

And growth is never silent.

Why Do Some Girls Have Hair on Their Face Like Boys?

If you've ever looked in the mirror and noticed hair on your face—on your upper lip, chin, or cheeks—you might have wondered, “*Why me?*” Or maybe you've noticed it on a friend and felt curious. The truth is, facial hair in girls is more common than most people think. And here's the first thing you should know: **it's normal and nothing to be ashamed of.**

Our bodies grow hair everywhere—on arms, legs, underarms, and yes, sometimes even on the face. This happens because of **hormones**, the natural chemicals in our body that guide growth and development. During puberty, hormones like estrogen and testosterone start working harder, and the balance of these hormones can affect how much hair grows and where. For some girls, it's very light and barely noticeable. For others, it may be thicker or darker. Both are completely normal.

In some cases, facial hair may be linked to conditions like **PCOD (Polycystic Ovarian Disorder)**, hormonal imbalance, or genetics. For example, if women in your family have facial hair, chances are you may have some too. But remember, having hair doesn't mean something is “wrong” with you—it just means your body is unique.

Society often makes girls feel uncomfortable about body hair because of beauty standards that say women should look a certain way. But the truth is, hair is natural. If it bothers you, there are safe ways to manage it—like

threading, waxing, or medical options. But the key is: do it only because you want to, not because someone else says you should.

Being a girl is not about being hairless or perfect. It's about being confident in your own skin. Your worth is not measured by the hair on your face, but by the light you bring into the world.

Understanding the Changes in Your Growing Body

Growing up is a journey. One day you're playing the same games you've always played, and the next you notice your body feels different. Your clothes fit differently, you feel new emotions, and sometimes you wonder:

What's happening to me?

The answer is simple:

Your body is growing, and you are entering puberty.

This is a natural stage of life when your body, mind, and emotions start preparing you to become an adult. Every girl experiences it, though the timing and changes may not be the same for everyone. Some girls start earlier, some later, and that's okay—because there is no perfect age to grow up.

What Changes Can You Expect?

1. **Height and Weight:** You may suddenly grow taller, and your body may feel heavier or more rounded. This is called a *growth spurt*. Your bones are lengthening, and your muscles are developing. It may feel awkward at first—like your arms and legs don't match your body—but soon everything will adjust.
2. **Breast Development:** One of the first signs of puberty in girls is breast growth. At first, you may notice small, tender lumps under your nipples. Over

time, your breasts will grow and change shape. Everyone's body is different—some grow faster, others slower. There's no need to compare yourself with friends.

3. **Hair Growth:** You'll notice hair under your arms, on your legs, and in your private parts. This is completely normal and a sign your body is producing new hormones. Some girls may also notice hair on their upper lip, arms, or face. Remember, every girl's hair growth is unique.
4. **Menstruation (Periods):** One of the biggest changes is starting your periods. This usually happens between the ages of 10 and 15. It means your body is preparing for the possibility of having children in the future. At first, your cycle may be irregular, but with time it becomes more predictable.
5. **Skin and Emotions:** Hormones may make your skin oily or cause pimples (acne). You may also feel mood swings—happy one moment, sad the next, or even angry without knowing why. This can feel confusing, but it's part of the journey. Talking about your feelings and practicing self-care can help.

Why These Changes Happen

All these changes are guided by *hormones*. Hormones are like invisible messengers that tell your body how to grow and change. For girls, estrogen and progesterone play the biggest role in shaping your body during puberty.

Always remember "the way you think, shapes the way you feel. Negative thoughts increase stress hormones, but positive thoughts help your brain release calm and happy

chemicals. This is psychology. Choose thoughts that strengthen you, not weaken you. Your mind has power.

How to Take Care of Yourself

- **Eat healthy foods:** Eat healthy foods every day. Fruits, colourful vegetables, proteins, and whole grains give your body the fuel it needs to grow strong and stay energetic. Bright vegetables like carrots, spinach, beetroot, and capsicum are rich in vitamins and minerals that support your skin, brain, and immunity. Nourishing your body with balanced meals helps you feel active, focused, and emotionally stable as you grow.
- **Stay active:** Stay active every day. Exercise strengthens your bones and muscles, improves posture, and builds stamina. It also boosts happy hormones that reduce stress and improve mood. Even simple activities like walking, dancing, cycling, or playing a sport can make a big difference. Moving your body keeps you healthy, confident, and emotionally balanced as you grow.
- **Keep clean:** Bathe regularly, change clothes daily, and care for your skin and hair.
- **Rest well:** Sleep allows your body to grow, repair, and recharge itself. During sleep, your brain processes learning, balances hormones, and supports emotional control. At least 8 hours of sleep is essential for healthy brain development, memory, focus, and overall growth. Lack of sleep can affect mood and concentration, so protect your rest—it is fuel for your body and mind.

- **Talk openly:** Talk openly about your feelings and doubts. Share your questions with your parents, teachers, or a trusted adult who cares about you. Keeping everything inside can make it feel heavier, but speaking up brings clarity and comfort. You are not alone in this journey. There is always someone ready to listen, guide, and support you.

Embracing the Journey

Puberty is not always easy. You may feel shy, embarrassed, or even frustrated about your changing body. But remember, every woman you admire—your mother, teacher, or favorite celebrity—went through the same stage. The changes you see are signs of growth, strength, and becoming who you are meant to be.

You are not weird or different. You are simply growing. And with growth comes beauty, confidence, and the chance to know yourself better.

So the next time you look in the mirror, smile. Remind yourself:

This is my journey, my body, and my story.

Mummy Loves Bhaiya More! (Or Does She?)

Have you ever felt that your mother loves your brother more than you?

Maybe she gives him the last piece of mango, lets him stay out longer, or listens to him more patiently than she does to you.

It can hurt, right?

You might even wonder, “*Why am I not the favorite?*”

First, let’s pause. The truth is: **every parent’s love is infinite**. It doesn’t divide between children; it multiplies. But the way love looks can sometimes feel different.

Why It May Seem This Way, Let Us Decode It.

1. **Different Needs:** Your brother and you may be at different stages of growing up. Maybe he needs help with studies, or she expects him to take more responsibility. So your mother spends more time with him. That doesn’t mean she loves you less—it just means she’s balancing needs.
2. **Cultural Habits:** In many families, especially in India, boys are sometimes given more freedom or importance because of old traditions. While things are changing, you may still notice these patterns. It can feel unfair, and it’s okay to feel upset about it.

3. **Your Own Perspective:** Sometimes, emotions amplify what we see. If you're already feeling hurt, even small actions—like your mother laughing at your brother's joke—can look like favoritism.

What Can You Do?

Always focus on solutions instead of overthinking problems. Protect your inner peace. True happiness comes from clarity, gratitude, and choosing calm responses over negative reactions.

- **Talk to Your Mom:** Instead of keeping your feelings bottled up, share them. You can say, "Mummy, sometimes I feel you love Bhaiya more. Can we talk about it?" You'll be surprised—she may not even realize how you feel.
- **Notice the Love You Receive:** Your mother's love may come in different forms. Maybe she braids your hair, remembers your favorite snack, or worries if you're late. These are her ways of showing love.
- **Build Your Bond:** Spend time with your mother in small ways—help in the kitchen, go for a walk, or simply talk. These moments create deeper connections.

The truth is, love is not a competition. Your mother's heart has space for all her children. Sometimes, it may look like one child is getting more attention, but deep down, her love for you is constant, strong, and unconditional.

So next time the thought creeps in—"Mummy loves Bhaiya more"—remind yourself: she loves you just as much, just in her own way.

Feelings, Embarrassment, and Exploring the Outside World

Stepping out into the world—whether it’s going to school, meeting new friends, or simply walking in the market—can sometimes make you feel self-conscious. Maybe you notice people staring. Maybe you trip in public, or your clothes don’t sit the way you want. Suddenly, embarrassment washes over you, and you just want to disappear.

First, let’s understand this:

Everyone feels embarrassed sometimes. Whether you are in India or anywhere else in the world, being human means having emotions. What matters is not avoiding embarrassment altogether (because that’s impossible!) but learning how to handle it with confidence.

Why Do We Feel This Way?

Embarrassment comes from the fear of being judged. As you grow, you start caring more about how others see you. That’s normal—it’s part of becoming a teen. But here’s the good news: people are usually too busy worrying about themselves to think about you for long.

Exploring the Outside World with Confidence

The outside world is full of opportunities—new friendships, new skills, and new adventures. Yes, there are challenges too, but every time you step out of your comfort zone, you grow a little stronger.

- **Face the Stares:** Face the stares with confidence. If people look at you, remember it does not define your worth. You are more than someone's opinion. Hold your head high, smile gently, and keep walking with strength. Confidence grows when you choose not to shrink yourself for others. Let them do their job.
- **Laugh at Yourself:** Laugh at yourself sometimes. Spilled water? Tripped on the stairs? It's okay. Instead of feeling embarrassed or hiding, smile and move on. Small mistakes don't define you. Confidence shines brighter than perfection, and people remember your attitude more than the moment. So chill and enjoy.
- **Focus on Experiences:** Focus on experiences, not fear. Instead of worrying, "What if I mess up?" ask yourself, "What can I learn from this?" Because every situation is a chance to grow, improve, and understand yourself better. Mistakes are not failures; they are lessons shaping you into a stronger and wiser person.

Sadness, joy, nervousness, excitement—all are part of your emotional world. Feelings are signals, not weaknesses. Nervous before a debate? It means you care. Embarrassed after a mistake? It means you value how you show up. Remember, **feelings are your friends.**

A Reminder for You

Exploring the world is not about being perfect; it's about being present. Every awkward or embarrassing moment is just a passing cloud; it does not define your worth. What truly defines you is your courage to step out, try again, and

keep learning. Growth comes from experiences, not perfection.

So go out, explore, make mistakes, laugh at yourself, and remember—**the world is waiting for the real you.**

Embarrassment and How to Deal with It

Embarrassment is one of those emotions that all of us experience but hardly anyone talks about. For teenage girls, it can feel especially intense. A small incident—like spilling food in public, having a stain on your clothes, or being laughed at for giving the wrong answer in class ~ can feel like the end of the world. While adults may brush it off as “not a big deal,” for a teenager, embarrassment can feel very real and overwhelming. Let’s break this down.

What Do Teen Girls Feel When They’re Embarrassed?

- **Heat and Shame:** Heat and shame rush in at once. Their face feels hot, their heart beats faster, and all they want to do is disappear. In that moment, the mind loudly whispers, “Everyone is watching me!” But often, the spotlight feels bigger inside than it really is.
- **Fear of Judgment:** Fear of judgment can feel heavier than the mistake itself. A girl may imagine that everyone noticed, everyone is talking, and everyone will remember it forever. Her mind replays the moment again and again, making it bigger than it really was. But in reality, most people are too busy thinking about their own worries and insecurities. What feels unforgettable to you is often forgotten by

others within days. Don't let imagined judgment steal your confidence.

- **Loneliness:** Loneliness can quietly follow moments of embarrassment or struggle. A girl may feel singled out, different, and exposed, as if she is the only one facing such situations. She may believe others handle everything perfectly while she alone feels awkward or confused. But this feeling is often an illusion created by comparison. In truth, many others are experiencing similar doubts and challenges, even if they don't show it. You are not alone in what you feel.
- **Overthinking:** Overthinking can turn a small moment into a giant problem. The mind replays the incident again and again, analyzing every word, every expression, every reaction. With each replay, the situation feels more dramatic and more embarrassing than it truly was. What may have lasted only a few seconds begins to occupy hours of mental space. Thoughts grow louder, and self-doubt increases. But most of the time, the event was far smaller than the story the mind keeps creating. Learning to pause and shift focus can gently break this cycle.

How Do They Try to Handle It?

Teen girls use different ways—some helpful, some not.

- **Hiding or Avoiding:** Hiding or avoiding feels like the safest option after an uncomfortable moment. A girl may stop going back to the group, class, or activity where it happened, hoping to escape the memory. But avoidance only strengthens fear. The

more we stay away, the bigger the situation feels. Courage grows when we return, face it calmly, and realize it was never as powerful as our fear made it seem.

- **Covering Up with Anger:** Covering up with anger is a common reaction. Instead of admitting hurt or embarrassment, a girl may act defensive, blame others, or lash out. But anger often hides vulnerability underneath.
 - **Laughing It Off:** Laughing it off can sometimes be a healthy coping strategy. Some girls choose to turn an awkward or embarrassing moment into a joke, lightening the mood and easing their own discomfort. Humor can reduce tension, help others relax, and remind them that one small mistake is not the end of the world. When laughter comes from confidence—not from hiding pain—it shows emotional strength. Being able to smile at yourself means you understand that perfection is not necessary to be worthy or respected.
 - **Pretending Not to Care:** Pretending not to care is another common shield. On the outside, they may act “cool,” unaffected, and distant, as if nothing bothers them. They might shrug, roll their eyes, or say, “Whatever,” to show strength. But inside, their heart may be racing, and their thoughts may be heavy with hurt. This outer calm is often a protective layer, built to avoid further embarrassment or judgment. Acting unbothered can feel safer than admitting, “That really hurt me.”
- Yet true strength does not lie in hiding emotions. Real confidence grows when a girl allows herself to

acknowledge what she feels and understands that being sensitive does not make her weak—it makes her human.

Where Do They Struggle or Lack Skills?

- **Resilience:** Resilience is the quiet strength they often don't recognize in themselves. One embarrassing moment, one mistake, or one awkward situation does not define who they are. It is just a small chapter, not the whole story. Growth happens when they choose to stand up again, learn from the moment, and move forward with courage.
- **Perspective:** Perspective changes everything. In the moment, they magnify the incident and convince themselves that “everyone noticed.” The mind creates a spotlight effect, making it feel as if all eyes were watching. But in reality, only a few people may have seen it—and most likely moved on within minutes. Learning to step back and see the bigger picture helps reduce fear. Not every moment is as public or permanent as it feels.
- **Self-Compassion:** Self-compassion is something many teens struggle with. They often become their own harshest critics, replaying mistakes and speaking to themselves in ways they would never speak to a friend. A small error turns into self-blame. A simple failure becomes “I'm not good enough.”
- Instead of offering kindness inward, they judge themselves strictly. But true growth begins with gentleness. Treating yourself with patience, understanding, and forgiveness builds emotional

strength. When you learn to say, “It’s okay, I’m still learning,” you create a safe space within yourself—one where confidence can slowly grow and heal.

- **Communication:** Sometimes teens may not share their feelings with parents or trusted adults, fearing their thoughts will be dismissed or not taken seriously. When they face judgment instead of listening, they become even more silent. Open, safe, and non-judgmental communication is what builds trust.

Dear Girl, Here’s Why You Need to Learn How to Handle Embarrassment

1. **Builds Confidence:** When a girl learns to handle embarrassing moments, she practices facing fear instead of running from it. She needs to remember that everyone makes mistakes, and one awkward moment does not define her. By choosing to try again, speak up, or take a small risk, she strengthens her self-belief. Confidence grows step by step. The more she faces small fears, the more she realizes she is capable of handling bigger challenges, making her braver each day.
2. **Strengthens Social Skills:** Instead of withdrawing after a clumsy or awkward moment, a girl can choose to reconnect with her friends. She needs to remember that real friends don’t judge harshly and that everyone experiences similar situations. Staying present, apologizing if needed, or laughing at herself teaches empathy, patience, and communication. This practice strengthens her social skills, helps her maintain friendships, and builds trust, showing her

that relationships survive small mistakes and grow stronger.

3. **Improves Mental Health:** Overthinking and shame can weigh heavily on a girl's mind. By learning to accept embarrassing moments as normal, she can prevent anxiety and low self-esteem. She needs to remember that thoughts are temporary and that being human means making mistakes. Choosing to respond calmly instead of ruminating trains her brain to stay balanced. This improves emotional resilience, reduces stress, and helps her feel secure in herself, laying a foundation for lifelong mental well-being.
4. **Encourages Independence:** A girl who learns to handle setbacks on her own develops problem-solving skills and emotional control. She needs to remember that she doesn't always need someone else to rescue her or fix everything. By taking small actions to recover from embarrassment, reflect, and move forward, she builds self-reliance. This independence makes her ready to face challenges at school, in friendships, and later in life, showing that she is capable of navigating the world with courage and confidence.
5. **Breaks the Cycle of Fear:** Embarrassment feels huge in the moment, but it is always temporary. A girl needs to remember that one awkward incident does not define her or control her choices. By practicing exposure—smiling, laughing, or speaking again—she rewires her brain to reduce fear. Over time, she stops letting embarrassment stop her from trying new things, sharing ideas, or taking risks. This breaks the cycle of fear, empowering her to explore

life fully without letting small setbacks hold her back.

Embarrassment does not mean failure. It means you are human. Everyone has tripped, spilled, or said the wrong thing at some point. The difference between people who stay stuck and those who grow is how they respond. You can choose to laugh, learn, and move forward.

And always remember, people are not keeping track of your mistakes—they are too busy thinking about their own. So the next time your face turns red, remind yourself: *This moment will pass, but my courage will stay.*

Friends and Family

How They Act, React, and Are Responsible

As you grow, two groups of people shape your life the most—**friends and family**. Both can bring joy, support, and love, but sometimes they can also bring misunderstandings, conflict, or pressure. Understanding how they act, react, and the responsibilities they carry will help you build healthier relationships.

Friends

Friends are like mirrors—sometimes they reflect the best in you, showing your **strengths** and encouraging you. Other times, they challenge you in ways that feel uncomfortable or difficult. Observing their actions and reactions helps you understand who truly values and supports you.

- **How They Act:** Friends may act **supportive, kind, and fun**, making you feel happy and included. They celebrate your successes and share laughter, creating moments that make life joyful. But sometimes, friends may **tease, exclude**, or let **jealousy** show, even unintentionally. These actions can make you feel hurt or confused. Paying attention to how friends act helps you understand their true intentions and character. Remember, friendship is a two-way street; how they treat you matters, and so does how you treat them.
- **How They React:** A true friend will **celebrate** your wins, encourage you, and stand by you when you're

feeling down. They offer support, kindness, and understanding. But some friends may react negatively—**spreading gossip, competing**, or showing jealousy. Observing reactions in different situations helps you see who genuinely cares and who may not have your best interests at heart.

- **Their Responsibility:** Friends are responsible for **respecting boundaries**, being **honest**, and caring for your **feelings**. A true friendship requires attention, empathy, and mutual respect. And remember—so are you. Friendship is not one-sided; it grows when both people give and receive equally. Supporting each other, listening without judgment, and celebrating each other's successes are all part of being a good friend. When both friends take responsibility, the relationship becomes stronger, deeper, and more meaningful.

Family

Family members—parents, siblings, grandparents—are the first people you learn love and trust from.

- **How They Act:** Family may act **protective**, sometimes **strict**, and often deeply **caring**. In many Indian and global homes, parents want what's best for their children, even if they don't always express love in ways the child expects. They may focus on discipline, routines, rules, or academics because they believe it will secure your future. At times, they may seem serious or strict, but beneath that is concern, worry, and deep affection. Their actions may not always be perfect or easy to understand; yet most of the time, love is there in the small things they do ~

preparing meals, waking up early for you, worrying about your safety, or supporting your needs in their own way. Over time, as communication grows, you begin to see their intentions clearly and appreciate the care that was always present.

- **How They React:** Families respond based on **care**, past **experience**, and cultural beliefs. Sometimes this means setting **rules** or giving advice that feels strict or unfair. In India and elsewhere, parents may worry about your safety, academics, or future, which shapes their reactions. While it may feel frustrating, most of their responses come from **love** and concern. Observing their intentions helps you understand their perspective. Open conversations can turn strictness into guidance, helping you feel supported while respecting boundaries, and strengthening the family bond.
- **Their Responsibility:** Family has the responsibility to **guide**, **support**, and **nurture** you while also respecting your **individuality**. Parents, in particular, must balance **protection** with giving space for independence, allowing you to learn from mistakes and grow confidently. Families provide structure, values, and emotional support, but they also need to listen, communicate, and adapt as you mature. When both sides practice understanding and respect, relationships become stronger. Love is not just protection—it is also encouragement, freedom, and trust, helping you become confident, capable, and emotionally resilient. So talk to your parents about it.

A girl must learn to **speak openly** and share her feelings without **fear**. Truth is never a reason for punishment—

honesty builds trust and understanding. Both **friends** and **family** shape her **confidence** and **happiness**, but she can only benefit if she expresses herself. When she notices how people **act** and **react**, she understands that relationships aren't about perfection—they are about **communication**, **respect**, and **care**. Speaking her truth strengthens bonds, making them **safe**, **strong**, and **lifelong**.

Standing Up to Bullies

Bullying is one of the hardest challenges many teens face. It isn't just about teasing—it is repeated behavior meant to hurt, scare, or control someone. It can happen at school, in the neighborhood, or online. For a teenager, bullying feels heavy, personal, and often isolating. It's not “just fun” or “kids being kids.” Bullying leaves lasting scars on self-esteem and mental health if not addressed.

What Bullying Looks Like

Bullying comes in many forms:

- **Verbal:** Verbal bullying includes **name-calling**, mocking someone's appearance, or insulting their family background. It may seem less visible than physical bullying, but its impact can be deep and long-lasting. When someone constantly hears negative words about themselves, it can hurt self-esteem, create anxiety, and make them doubt their worth. Girls often feel embarrassed or scared to speak up because they fear it will worsen the situation. Learning to recognize verbal bullying and respond calmly or seek help is crucial. Support from friends, family, and teachers can help a child rebuild confidence and feel safe again.
- **Physical:** Physical bullying includes **hitting**, **pushing**, tripping, or damaging belongings. It is often easy to notice because it leaves visible marks, but its emotional impact is also significant. Being

physically targeted can make a child feel unsafe, powerless, and constantly anxious. Sometimes, children stop participating in activities or avoid school to escape harm. Learning to assert boundaries, stay safe, and report incidents is important. Parents and teachers need to intervene quickly to protect the child and guide the bully. Over time, consistent support helps the child regain confidence and trust in their environment.

- **Social/Emotional:** Social or emotional bullying is subtle but harmful. It includes **spreading rumors, excluding someone from the group**, or giving them the **silent treatment**. Girls may feel isolated, lonely, or rejected when peers intentionally ignore or gossip about them. Unlike physical bullying, the scars are invisible, but the pain is real. Social bullying can affect friendships, mental health, and self-esteem. Teaching children to identify toxic behavior, speak to trusted adults, and build supportive friendships is key. Understanding that exclusion says more about the bully than about the victim helps them process the situation without internalizing shame.
- **Cyberbullying:** Cyberbullying happens online through **hurtful comments, fake accounts**, or spreading **photos or private messages** without permission. It can occur on social media, messaging apps, or gaming platforms. Unlike traditional bullying, cyberbullying can reach a child anytime, even at home, making it feel constant and overwhelming. Girls may feel anxious, unsafe, or embarrassed, and the fear of public humiliation can intensify the stress. Recognizing cyberbullying, setting privacy settings, saving evidence, and

reporting to trusted adults or platforms is essential. Open communication with parents or guardians helps children regain control and resilience in digital spaces.

Each type can hurt deeply. Words can sometimes cut as much as physical actions.

What You May Feel When Bullied

- You may feel **fear**, worried about going to school or facing certain groups. Even small moments can feel stressful when you expect teasing or exclusion.
- You may feel **embarrassment or shame**, as if the bullying is somehow your fault. Remember, it's not—it reflects the bully, not your worth.
- You may feel **lonely**, believing no one understands, which can make you withdraw from friends, family, or activities you enjoy.
- You may feel **anger**, but sometimes it gets bottled up or directed at the wrong person, making it harder to cope.
- You may feel a **loss of confidence**, doubting your abilities or value. These feelings are real, but with support and courage, you can regain your strength and trust yourself again.

How Teens Often Try to Handle It

You may try **ignoring** bullying, hoping it will stop on its own. Some teens **hide their feelings**, acting like everything is fine even when it hurts inside. Others may **fight back with anger**, which can sometimes make things worse. Many don't **tell parents or teachers** because they fear being blamed, not believed, or made fun of. Staying

silent gives bullying more power. Remember, asking for help, sharing your feelings, and setting safe boundaries are the first steps to taking back control.

Where Teens Struggle Most

- **Speaking Up:** Many teens fear speaking up, thinking it might make things worse. But staying silent often feels like accepting a mistake.
- Who doesn't make mistakes? Everybody makes mistakes in their life.
- Nobody is 100% perfect. It's okay if you slip up—what matters is facing it, discussing it, and expressing your truth. Don't hesitate. Let people think what they want, and focus on relaxing your mind and being honest about your feelings.
- **Believing in Themselves:** Repeated bullying can hurt self-esteem. Believe in yourself and face challenges with courage. Never hide from your parents—they are the most trusted adults in your life. Even if they raise their voice temporarily, it's because they love and care for you. Make sure you are never struggling alone. Share everything with them.
- **Finding Safe Spaces:** Teens often feel trapped without trusted friends or adults. Find safe spaces where you can be yourself. Always speak the truth, even if it's difficult. Making mistakes is part of life, and it's okay. Don't dwell on what others say; learn to ignore negativity and move forward with confidence.

Why Handling Bullying Is So Important

Bullying is not just “**kids being rude,**” it can hurt you in deep ways. If left unchecked, bullying can lead to **anxiety**, constant worry about what others think, and even **depression**, where you feel hopeless or sad for a long time. It can make it hard to focus, lowering your **academic performance** and making school feel like a place to fear instead of grow. When hurtful thoughts keep building up without support, girls or any teens can feel overwhelmed, trapped, or isolated.

But here’s what every girl needs to know:

When you know how to handle this, you don’t just survive bullying... you **grow stronger**. Showing courage helps you build **resilience**, which is the ability to bounce back from hardships. You learn that the hurtful words of others do **not define your worth**. You begin to understand that cruelty comes from the bully’s own pain or insecurity, not from anything lacking inside you.

Dear Girl,

If you are being bullied — remember, **you are not alone**.

Reach out to someone you trust — a parent, teacher, cousin, friend, or guardian. Your **voice matters**. Bullies thrive on silence, but when you **speak up**, you take back your **power**.

Being aware of bullying is important because it protects your **mind**, your **self-esteem**, and your **future**. Awareness helps you recognize unhealthy behavior early so you can stop it before it grows. It helps you choose healthier friendships and boundaries. Most importantly, it teaches

you to value yourself — not because someone told you that you're worthy, but because **you know it in your heart**.

Bullying may make you feel small, but speaking up makes you **brave**.

Bullying may make you doubt yourself, but support helps you **rise**.

And every time you choose courage — you inspire another girl to do the same.

You deserve to be heard.

You deserve to be safe.

You deserve to shine.

Friends and Peer Pressure: How and What

Friends are one of the most important parts of teenage life. They make you laugh, share your secrets, and give you a sense of belonging. But along with friendship often comes something tricky—**peer pressure**. Peer pressure is when you feel pushed to do something just because your friends are doing it, even if it doesn't feel right to you. It can be about clothing choices, trying new apps, skipping homework, or even experimenting with smoking, alcohol, or relationships before you're ready.

How Peer Pressure Shows Up

1. **Direct Pressure:** Direct pressure is when friends openly push you to do something you don't want to do.
2. They may say, *"Don't be boring," "Everyone is doing it," "Just try once,"* or even make fun of you for saying no. Sometimes they may mock you with comments like, *"Such a baby,"* or try to challenge your courage with a dare.
3. This kind of pressure can feel very strong because it happens in front of others, and you may fear embarrassment. But remember, anyone who forces you to drink, lie, break rules, or disrespect your values is not protecting you — they are testing your boundaries. A real friend will never make you feel small for choosing what is right for you. Saying **no** is

not weakness; it is self-respect. Walk away if needed. Let them laugh — your future is more important than their momentary approval.

4. **Indirect Pressure:** Indirect pressure is more silent but equally powerful. No one tells you directly what to do, yet you start feeling left out when you see others following certain trends, breaking rules, or behaving in ways that get attention. You may think, *“Everyone is moving ahead... maybe I am missing something,”* or *“If I don’t do this, I won’t belong.”* This pressure grows through comparison, social media, and group behavior. But fitting in by losing yourself is never growth.
5. Every person has a different journey, pace, and purpose. You are not behind — you are simply walking your own path. True confidence comes when you choose what aligns with your values, not what earns quick approval. Belonging should never cost your peace, safety, or dignity.
6. **Self-Imposed Pressure:** Sometimes the strongest pressure comes from inside your own mind. You may think, *“They will judge me,”* *“They won’t keep me in their group,”* or *“I’ll be alone if I don’t agree.”* This fear can push you to act against your own comfort just to feel accepted. But acceptance built on pretending is temporary and exhausting.
7. You don’t need to change who you are to be valued. The right people will respect your choices, your boundaries, and your voice. Learning to stand alone for what is right actually attracts healthier friendships. Your self-worth should never depend

on group approval. When you trust yourself, you stop needing permission to be who you truly are.

You may feel confused — torn between your heart and your friends. You may feel afraid of being left out, guilty if you give in, or proud when you stand strong. Remember this: the discomfort of saying **no** lasts for a moment, but the regret of saying **yes** against your values can stay for a long time. Choosing yourself is not selfish — it is brave. The right circle will never ask you to shrink, hide, or harm yourself to belong.

Let me tell you how to say NO confidently.

Look at the person, keep your voice steady, and say, “No, I’m not comfortable.” You don’t need a long explanation or apology. Repeat if needed and change the situation by walking away or joining someone safe. A firm **NO** protects your values, builds self-respect, and teaches others to respect your boundaries.

Always believe that:

I am strong and worthy.

My voice matters.

I can say **NO** without guilt.

I choose what is right for me.

I am not defined by others’ opinions.

I deserve respect and kindness.

I learn from mistakes and keep growing.

I am confident, calm, and in control.

Say these **affirmations** if you are not feeling confident until you gain confidence.

Marriage Pressure: Questions Every Girl Asks

For many teenage girls and young women, the topic of marriage can feel overwhelming. Whether in a big Indian city or a small town, questions start early:

When will you marry?

Are you seeing someone?

Don't delay too much.

At family functions, relatives may tease, compare with cousins, or drop hints about the "right age" and "good proposals." Even casual comments like "**focus on settling down**" create pressure.

Though often said with concern, these repeated remarks can cause stress, confusion, and an unnecessary sense of urgency, making girls feel judged instead of supported.

Even if it comes from care, repeated comparisons with cousins or friends can create stress and self-doubt. A girl may feel her dreams and education matter less than her marital status. This pressure can lead to silence, confusion, and anxiety.

It is important to remember that marriage is a personal life choice, not a social deadline, and every girl deserves time, respect, and readiness.

Why Marriage Pressure Happens

1. **Cultural Expectations:** In many families, marriage is treated as a life milestone, especially in India, where relatives may worry about the “right age” and social image. A girl can handle this by speaking respectfully but clearly about her goals—education, career, and emotional readiness. Share a timeline, not a refusal. When families see clarity and responsibility, pressure often reduces. Calm communication builds trust and shows that delaying marriage is a thoughtful choice, not rebellion. Be firm and tell them what exactly you want. It's your life.
2. **Comparisons:** Relatives may compare you with cousins or neighbors who are already married, making you feel “late” or “left behind.” Remember, life is not a race. Respond politely: every journey is different. Focus on your progress and achievements. Limit discussions that hurt your confidence and stay connected to supportive people. When you value your path, comparisons lose power, and others slowly learn to respect your individuality. Most importantly, stay away from such relatives. When you are doing something great, avoid negative energies and negative vibes around you. Let them know if they think otherwise. It's your life. Three people in your life play an important role, and you need to consider them.
3. **Generational Mindset:** Older generations often see early marriage as safety, while you may want education, career, and self-growth first. Acknowledge their concern—it comes from care—

then explain how today's world requires financial and emotional independence.

Show your plan for stability through studies, skills, and work. When elders see maturity, planning, and responsibility, they feel reassured, and conversations shift from pressure to support.

One thing you must always remember: **empowerment** is about knowing your worth, not about proving you are better than someone else. You are not in competition with men or anyone. You have your own identity, your own strengths, and your own way of growing. You don't need to say, "I can do it like a man." You can do it **as a confident woman**, with your values, empathy, and inner power. True empowerment means staying connected to your character, dignity, and self-respect while moving forward with clarity and confidence.

Balancing personal ambitions with family expectations can feel overwhelming. A girl may question her own choices, wondering whether to follow her dreams or satisfy others, which creates inner conflict.

You may quietly ask yourself many questions, and that is completely normal. It shows you are thinking about your life with awareness, not just following pressure.

Am I ready for marriage?

Readiness is not about age; it is about emotional maturity, self-understanding, and stability. Ask yourself if you know your goals, values, and boundaries. Marriage is a partnership, not an escape from pressure.

Will I ever find the right person?

The right person is not found in a hurry. A healthy relationship grows with time, understanding, respect, and compatibility. Give yourself space to know the other person and to know yourself. Like a tree that bends with the wind, relationships need adjustment and patience—but never lose your core values. Be flexible in small things, firm in what truly matters to you. Always remember, without mutual respect, no marriage can be strong or lasting.

What if I don't want to marry yet?

That is a valid choice. Focusing on education, career, healing, or self-growth is responsible, not selfish. Marriage should never be delayed just for ego or to prove a point—it is a lifelong responsibility that requires emotional maturity, good health, and stability to build a strong family. If you are genuinely working toward something meaningful that needs time, you can express it calmly and firmly. Choosing readiness over rush shows wisdom, not rejection of marriage.

What if my family doesn't understand?

Communicate calmly and consistently. Share your plans so they see your direction. Understanding takes time, but your life decisions deserve your voice and clarity.

Repeated questions about marriage can create constant pressure. A girl may start feeling that her worth is being measured by her marital status instead of her character, education, or dreams. This can lead to overthinking, sleep disturbance, and fear of family conversations.

It can create stress and anxiety.

Sometimes you may start avoidance. To escape uncomfortable discussions, some girls avoid relatives, family functions, or even simple phone calls. While this gives temporary relief, it can increase distance and misunderstandings within the family.

So dear girls, speak clearly and calmly. Say what is truly in your mind—your goals, your timeline, your readiness. You don't need anger or guilt to express yourself. A firm and respectful voice shows maturity. When you communicate your thoughts honestly, people may not agree immediately, but they will understand your clarity. Your life decisions deserve your truth, spoken with confidence and dignity.

Rebellion or Defiance

Some girls react strongly to protect their independence when they feel unheard. But shutting down, arguing, or responding with anger often increases misunderstanding and distance. Instead, choose calm and clear communication. Listen to your parents' concerns, then explain your goals, plans, and timeline with respect. When you stay composed, your message becomes stronger and more acceptable. Firm words with a peaceful tone build trust, while anger weakens your point. Independence is best protected through maturity, not conflict.

I'm sharing this from my own personal experience. I faced constant questions, pressure, and even sarcastic comments like, "*She will find a HERO someday.*" But instead of changing my path to please others, I chose what felt right

for me — and today, I am happy and at peace with my decision.

Don't change your life because of the fear of what others will say.

Don't shrink yourself to fit someone else's expectations.

Trust your timeline.

Trust your journey.

And most importantly — JUST DO WHAT FEELS RIGHT FOR YOU.

Just like me.

How Can I Get More Independence?

Do I Really Need It?

For many girls, independence means being trusted—going out with friends, making their own decisions, managing money, choosing clothes, or even traveling alone. It's not just freedom; it's the feeling that "my voice matters." This desire is natural and healthy. But real independence also brings responsibility, safety awareness, and emotional maturity. The goal is not complete freedom overnight, but step-by-step trust. When girls show accountability, parents feel safer giving more freedom—and that's how true independence is earned.

Independence is something every teen dreams about. You might see older friends staying out late, making their own decisions, or traveling alone and wonder, "*When will I get to do that?*" Independence is exciting, but it also comes with responsibility, and it's completely normal to question whether you really need it—and the question is how to earn it?

Why Teens Desire Independence

1. **Making Decisions for Yourself:** One of the most exciting parts of independence is getting to make your own choices—what to wear, how to spend your time, which hobbies to try, and who you want to be. These small decisions help you discover your real personality. Not every choice will be perfect, and that's completely okay—mistakes are how you learn.

When you show responsibility, manage your time well, and make safe decisions, parents begin to trust you more.

2. Real independence isn't about doing whatever you want; it's about making smart choices that show you're ready for more freedom.
3. **Self-Confidence:** Every time you handle something on your own—finishing a project, speaking up in class, solving a problem—you prove to yourself, “I can do this.” That's how confidence grows. It doesn't appear overnight; it builds through small wins.
4. Stepping out of your comfort zone makes you stronger and more fearless. Independence teaches you to trust your own voice instead of waiting for approval from others. When you believe in yourself, you stop doubting your abilities and start owning your space in the world.
5. **Exploring Interests:** Independence gives you the freedom to discover what truly excites you—art, sports, music, coding, writing, or something completely new. You don't have to follow the same path as everyone else. Exploring different activities helps you understand your strengths and what makes you unique. When parents see your dedication and passion, they are more likely to support you. Your interests are a big part of your identity, and independence gives you the space to grow into the person you're meant to be.
6. **Preparing for Adulthood:** The independence you build today—managing your time, making safe choices, and handling responsibilities—prepares you

for the future. College, careers, travel, and relationships all require you to rely on yourself. Think of independence as practice for real life. It reduces fear and increases confidence because you know you can handle challenges. The goal isn't just freedom; it's becoming a strong, smart, and emotionally balanced young woman who is ready for the world.

7. Many teen girls struggle with the fear of making the wrong choices, worrying that they might disappoint their parents or make mistakes—but feeling this way is completely normal and part of growing up.

At the same time, balancing freedom with rules can feel confusing because independence also comes with responsibility like managing time, staying safe, and keeping trust. Communication can become difficult when you don't know how to clearly express what you want, which often leads to misunderstandings at home. Another common challenge is understanding limits—testing boundaries is natural, but pushing too far can create tension. Real independence comes step by step, through trust, clear communication, and responsible actions.

Independence also grows when you learn how to negotiate with your parents respectfully—asking for small freedoms step by step, like a little extra time with friends or managing your own schedule, and then showing that you can handle it responsibly.

Making small decisions on your own, such as what to wear, how to organize your schoolwork, or planning your day, builds confidence. Taking responsibility for chores, handling basic money matters, and completing projects on time proves that you are reliable and mature. Most

importantly, being willing to try new things and learn from mistakes helps you grow stronger, wiser, and more prepared for real-life challenges.

Why Independence Matters

Dear Girls,

Independence is not rebellion—it is growth. It is the journey of learning how to think for yourself, make choices, and take responsibility for those choices. Wanting your own voice, your own space, and your own decisions does not mean you love your family any less; it simply means you are growing into the person you are meant to become.

True independence is not about doing everything alone—it is about learning to manage your life with guidance, trust, and self-discipline. Start with small steps. Keep your promises. Communicate openly. Show through your actions that you are responsible. Every thoughtful decision you make builds confidence, resilience, and inner strength.

Remember, independence is not given overnight—it is earned through trust, maturity, and consistency. And with each step you take, you are not moving away from your family; you are growing into a stronger, wiser, and more capable version of yourself.

Why Do Teens Feel Down?

Understanding Sadness & Emotions

Feeling down sometimes is completely normal, especially during the teenage years when everything—your body, thoughts, friendships, and expectations—is changing so fast. You may have days when you feel low, confused, or unmotivated, and that does not mean there is something wrong with you. It simply means you are human and you are growing. Emotions come and go like waves; some are light, and some feel heavy. The important thing is to understand your sadness instead of hiding it. Ask yourself what you are feeling and why. Talk to someone you trust, write your thoughts in a journal, or take a quiet moment for yourself. When you learn to name your emotions, they stop feeling so overwhelming. Remember, this phase will pass, and each time you understand your feelings, you become emotionally stronger, more self-aware, and more confident in handling life.

Why Teens Girl Feel Down, Let Me Tell You

Teenage years are a time of powerful change—for both boys and girls. Your body is growing, your thoughts are becoming deeper, your friendships are evolving, and you are slowly discovering who you truly are. With so many changes happening at once, it is completely natural to feel emotionally overwhelmed sometimes. Mood swings, self-doubt, confusion, or feeling low do not mean something is wrong with you—they simply mean you are in the middle of growth.

These emotional ups and downs are part of your brain developing, your hormones adjusting, and your identity taking shape. You are learning how to handle pressure, relationships, expectations, and your own inner voice all at the same time. That is not easy for anyone.

So if you ever feel sad, lost, or unsure, remember: this is a phase of transformation, not weakness. Understanding the reasons behind your feelings is the first step toward managing them. Let's explore some of the most common reasons why teens feel this way—and what you can do to feel stronger, calmer, and more confident

Why do you feel like this? Let's decode this.

1. **Academic Pressure:** During the teen years, the brain's prefrontal cortex—responsible for planning and decision-making—is still developing. This makes time management and handling pressure harder. Constant exams and expectations increase cortisol (the stress hormone), which can cause anxiety, low mood, and difficulty concentrating.
2. **Friendship or Relationship Issues:** Teens are highly sensitive to social acceptance because the brain's reward system reacts strongly to peer approval. Conflicts or feeling left out activate the same brain areas linked to physical pain, which is why friendship problems can feel so intense and emotionally draining.
3. **Body Image Concerns:** Puberty brings rapid physical changes, and the brain becomes more self-aware due to increased activity in the limbic system. This makes teens more likely to compare themselves

with others, leading to self-consciousness and lower self-esteem if they feel they don't "fit in."

4. **Family Stress:** The teenage brain seeks independence while still needing emotional security. When there is conflict at home, it creates emotional confusion and raises stress levels. Lack of open communication can make teens feel misunderstood, which increases feelings of sadness or withdrawal.
5. **Social Media:** The brain releases dopamine when receiving likes or validation online. When teens compare their real lives to curated posts, it can lower self-worth and increase feelings of inadequacy. Excessive screen time also disrupts sleep, which directly affects mood and emotional balance.
6. **Hormonal Changes:** During puberty, fluctuations in estrogen and progesterone affect serotonin levels—the chemical that regulates mood. This is why teens may experience sudden mood swings, irritability, or sadness without a clear reason. These changes are biological and completely normal.

As a teenager, you may notice that you cope with difficult emotions in different ways. Sometimes you withdraw—staying in your room, avoiding friends, or losing interest in things you once enjoyed. At other times, you overthink, replaying conversations or mistakes again and again in your mind, wishing you had done something differently. You might look for comfort by scrolling online, binge-watching shows, or eating your favorite snacks just to feel a little better for a while.

There are also moments when you express yourself in healthier ways—writing in a journal, listening to music,

drawing, or talking to a close friend who understands you. These things can bring relief and help you process what you feel. But remember, while these methods may comfort you temporarily, your emotional well-being also needs deeper support—someone who listens, understands, and helps you feel safe, valued, and not alone.

Dear Beautiful Souls,

Be gentle with yourself. You are growing, learning, and becoming—and that takes time. You do not have to have everything figured out right now. Start by understanding your emotions instead of judging them. When you feel low, pause and ask yourself what you need—rest, a break, someone to talk to, or a little quiet time.

Take small care of your daily life: sleep well, move your body, eat nourishing food, and limit the time you spend comparing yourself to others online. What you see on screens is not real life, and it does not define your worth.

Write your thoughts, talk to a trusted adult, or share your feelings with a friend who respects you. Asking for help is not weakness—it is strength. Set small goals and celebrate small wins; they build real confidence.

Most importantly, remember that your value does not come from marks, looks, or approval. You are enough as you are. Keep growing, keep learning, and trust that you are becoming a strong, wise, and beautiful person from the inside out.

Drugs: How to Stay Safe from Smoking, Alcohol & More

This is a major concern of today's time. More and more teenagers are being exposed to smoking, alcohol, and other harmful substances at a very young age. What often starts as curiosity, a need to fit in, or the pressure to look bold and modern can slowly turn into a dangerous habit. This is not about gender; both girls and boys are getting influenced and experimenting without fully understanding the consequences.

Friends may say it is normal, social media may make it look attractive, and movies may present it as a symbol of confidence, but the reality is very different. Many teens get influenced without understanding the long-term impact on their health, focus, self-confidence, and future. This chapter will help you see how this influence happens and how you can stay strong, aware, and safe.

Do You Know Why You Feel Like Trying What You Once Said No To?

Let me talk to you for a moment.

Not as a teacher.

Not as someone judging you.

But as someone who understands that being a teen today is not easy.

You might be feeling pulled toward things you once said you would never try.

And you don't even know why.

Maybe you're thinking:

Everyone else is doing it... what if I'm the only one left out?

If I say no, will they call me boring?

I just want to look confident... like I don't care.

I'm stressed... I need something to switch my brain off.

If this sounds like you — you are not weak, you are human.

You Want to Belong

Right now your brain is wired to care deeply about friendships and acceptance.

So when a group makes vaping, drinking, or smoking look normal, it can feel like a **ticket to belonging**. You may even feel that saying no means losing your place.

But here's the truth: most teens are not doing it as much as it looks. Social media and friend circles make it seem like "everyone is doing it," when actually many are silently uncomfortable too.

You Are Curious

You hear: *Don't try it.*

And your brain says: *Why?*

That's normal. Your brain is still developing, especially the part that controls judgment and long-term thinking. So you are naturally more drawn to new experiences,

risks, and testing your limits. It's not about addiction it often starts with curiosity.

You See It Everywhere

Movies. Reels. Music videos. Influencers. They show parties, smoke, alcohol — and everyone looks confident, popular, free.

What they don't show: the anxiety, the dependency, the loss of control, the health damage.

Your brain starts linking **substances = confidence**. But that link is false.

You Might Be Tired Inside

Maybe you are carrying:

Academic pressure, comparison, body image worries, loneliness, family expectations, and you don't always have a safe space to talk. So something that promises "relaxation" or "numbness" can look like relief. But it doesn't solve the stress; it only hides it for a while and brings bigger problems later.

You Want to Feel Grown Up

Sometimes trying these things feels like:

This is my choice.

I'm not a child.

I'm different.

It can feel like control, especially if life feels controlled by rules, marks, and expectations. But real independence is

not doing what harms you. Real independence is protecting yourself even when others don't.

Pause for a Second

If you ever feel like trying something just once, ask yourself:

Is this helping my future or stealing from it?

Because what looks cool for 10 minutes can quietly take away:

Your focus

Your confidence

Your energy

Your health

Your opportunities

These things don't give freedom ~ they create dependence.

They don't make you stronger — they weaken your body and cloud your thinking.

Dear Beautiful Girls, Your Brain Is Still Growing

Until your mid-20s, your brain is still developing.

That means:

Nicotine can damage lung growth.

Alcohol can slow brain development and harm the liver.

Substances can reduce memory, focus, and emotional control.

Teens who start early are more likely to face:

Anxiety

Low mood

Poor academic performance

Broken trust with parents

Risky decisions that affect safety

One “just once” can become a pattern because your brain remembers the temporary rush and wants it again.

Real courage is not trying it once.

Real courage is protecting yourself every single time.

Remember You Don't Need It

You don't need smoke to look confident.

You don't need alcohol to feel accepted.

You don't need substances to prove you are grown up.

You need:

Friends who respect your “NO”

Activities that make you feel proud

Ways to release stress that build you, not break you

Sports. Music. Writing. Art. Talking to someone safe.

These actually give you confidence — not fake it.

You are not missing out.

You are rising above.

Protecting your mind is the most powerful decision you will ever make.

Your dreams, your health, your peace — they are worth more than any trend, any dare, any moment of fitting in.

And if no one has told you this before:

Walking away is strength.

Saying NO is power.

Choosing yourself is courage.

Real-Life Problems and What to Do About Them

To all teenagers reading this, what you are feeling is real, and it matters.

And now, **dear girl**, this is especially for you.

You may be going through many challenges that people around you cannot always see. From the outside, you may look normal ~ smiling, attending school, talking to friends ~ but inside, you may be carrying pressure, confusion, comparison, and self-doubt.

You may feel stressed about studies, worried about marks, and scared of disappointing your parents. Sometimes you rest, but even while resting, you feel guilty, as if you should be studying more.

Friendships may feel very deep and emotional. If a friend ignores you, talks to someone else, or you are not included somewhere, it can hurt more than you show. A small misunderstanding can feel like a big heartbreak, and you may start questioning your own worth.

At home, you may feel expected to be perfect. Rules about clothes, phone use, or going out may feel strict. Comparisons with siblings may hurt. You may want freedom, but you stay silent because you do not want to upset your parents.

As your body changes, you may become more conscious about your looks ~ pimples, weight, height, or skin tone

may suddenly feel like big problems. When you see perfect images on social media, you may wonder why you do not look the same, and this slowly affects your confidence.

You may feel pressure to fit in ~ to dress a certain way, behave a certain way, or agree to things you are not comfortable with just to avoid feeling different or left out.

Sometimes you may feel stressed, anxious, or lonely without knowing the exact reason. You may overthink small things, cry quietly, or feel tired even when nothing big has happened.

You may also feel confused about your safety, your boundaries, and when to say no. You may sense discomfort but not know how to express it.

Your first crush or emotional attachment may feel exciting and confusing at the same time. You may feel happy, nervous, scared, and unsure, and you may not know whom to talk to about it.

Dear girl, remember, nothing in this phase is permanent. If you ever feel that someone is not right for you, it is okay to move ahead. It may feel painful for some time, but that pain will not last forever. What truly stays is your self-respect and your growth.

Do not make decisions only from your emotions. Give space to both your heart and your mind. When emotions become very strong, the emotional part of your brain tries to take control, and your thinking brain becomes quiet. **Pause. Breathe. Think.** Let your thoughts and feelings work together before you decide.

Sometimes you may feel that one person is your whole world, but the truth is, the world is much bigger. There

are better experiences, healthier relationships, and people who will respect your boundaries and value you for who you are.

Choose yourself first. Your dreams, your peace, and your future matter more than any temporary attachment.

If you feel any of this, remember, nothing is wrong with you. You are not alone. You are growing through a phase that is shaping your strength and your understanding of yourself. What matters is that you pause, think clearly, make the right decisions for your well-being, and keep moving forward with courage.

Why Do You Feel This Way?

You are in a phase where you are discovering who you are, what you believe in, and how you want to be treated. Your body is changing. Your emotions are becoming stronger. Friendships are becoming deeper. You are slowly asking for independence. Hormonal changes, peer pressure, expectations from school, family, and society can make small situations feel very big. Your decision-making skills are still developing, so it is natural if things feel harder than they actually are. This is not your weakness. This is your growth.

What Can You Do When You Feel Overwhelmed?

You can talk to someone you trust, a parent, a friend, a teacher, or a mentor. Sharing your feelings makes your heart lighter. You can focus on your priorities instead of trying to be perfect in everything at the same time.

You can accept your mistakes and learn from them. Every mistake is making you stronger and wiser. You can take

care of yourself, sleep well, eat properly, move your body, and do things that make you happy. You can remind yourself that social media shows only the best moments of people's lives, not the real struggles behind them. And most importantly, you can ask for help when you need it. Strong girls do not suffer in silence; they seek support.

Why This Matters

When you face real-life problems, it does not mean you are weak. It means you are growing.

Every challenge you handle builds a new belief inside you:

I can handle this.

You start becoming independent. You learn to think for yourself, manage your emotions, and trust your inner voice. You develop emotional intelligence. You understand your own feelings and respect others' emotions. This helps you build healthy friendships and strong relationships.

When you feel safe to talk to your parents, teachers, or a trusted mentor, your problems become lighter. Support turns fear into courage and confusion into clarity.

With the right guidance and environment, problems stop looking scary. They become learning opportunities that shape you into a strong and confident woman.

So My Dear Teenage Girl

Life may feel overwhelming sometimes, and that is completely okay.

Feeling confused, sad, scared, or lost does not make you weak; it makes you human.

You are much stronger than you think, even on the days when you doubt yourself.

Every challenge you face is helping you grow into a brave, confident, and powerful person.

You do not have to handle everything alone. There are people who truly care about you ~ your parents, teachers, and mentors ~ and you can always reach out to them.

Speak your heart.

Ask for help.

Trust yourself.

You are strong.

You are enough.

You are never alone.

Social Media and Your Mental Health: The Truth for Girls

Social media feels like a part of your life, doesn't it?

Some days you wake up, and the first thing you reach for is your phone. You check messages, reels, likes, and stories before you even fully start your day. And when the phone is not in your hand, it can feel like something is missing, as if you are disconnected, left out, or not part of what everyone else is doing.

It is completely normal to feel this way. Social media is designed to pull your attention, keep you scrolling, and make you come back again and again. It connects you with friends, gives you ideas, helps you learn new things, and allows you to express yourself. When used wisely, it can be creative, educational, and empowering.

But there is another side that you must understand.

What you see on your screen is not always real life. Perfect photos, filtered faces, happy moments, and “ideal” bodies can slowly make you compare yourself, question your worth, and feel like you are not enough, even when you are doing perfectly fine in your real life. You may start measuring your value in likes, views, and comments without even realizing it.

Social media is a powerful tool, but only when you control it. When it starts controlling your mood, your confidence,

your sleep, your focus, and your self-image, it stops being helpful and starts becoming harmful.

The truth is simple: social media should be a part of your life, not your whole life.

Your real worth is not decided by a screen. Your real life exists beyond it.

Why Social Media Influences Teens

Social media is not just an app ~ it is an environment where you spend a large part of your emotional and social life. During the teenage years, your brain is still developing, your identity is forming, and your need for belonging is very strong. This makes online feedback feel extremely powerful. Without guidance, what you see repeatedly on your screen can slowly shape how you think about yourself, your body, your success, and your value. That is why understanding these influences is not about fear ~ it is about awareness and protection.

Constant Comparison

When you scroll through perfectly edited photos, glowing skin, ideal bodies, luxury lifestyles, and happy friend groups, your brain starts comparing your real life with someone else's highlight reel. You may begin to notice your flaws more than your strengths. Even if you were confident before, repeated exposure can create quiet dissatisfaction with your looks, your achievements, or your life. The truth is that most of what you see is filtered, posed, and selected, not everyday reality.

Validation Seeking

Likes, comments, and views can feel like small numbers, but emotionally, they can feel very big. You may post something and then keep checking your phone, wondering who liked it and who did not. If the response is less than expected, it can affect your mood, your confidence, and even how you see yourself. Slowly, your self-worth may start depending on external approval instead of your real abilities, kindness, and efforts, which are far more meaningful and lasting.

Peer Pressure Online

Trends, challenges, and viral content often create an invisible pressure to participate, even when you are uncomfortable. You may feel that if you do not follow what everyone else is doing, you will be left out or seen as boring. In digital spaces, this pressure can feel stronger because you see many people doing the same thing at once. This can push teens toward risky behavior, unhealthy comparisons, or decisions they would never make in real life.

Overexposure to Content

Endless scrolling overstimulates your brain. Your mind does not get enough rest, your sleep cycle gets disturbed, and your attention span becomes shorter. You may find it harder to concentrate on studies, conversations, or hobbies.

Over time, this constant stimulation can increase stress, reduce emotional balance, and make you feel tired without knowing why. When your brain is always

consuming content, it has no time to reflect, create, or relax.

The Role of Women Empowerment

Women empowerment is a beautiful and necessary movement. It gives girls the courage to study, work, speak, dream, and make their own choices. But true empowerment is not about rejecting responsibility; it is about understanding balance. Independence and responsibility go together.

Taking care of your home, your family, or daily life tasks does not make you a servant; it makes you capable, grounded, and emotionally strong. A successful woman can build a career and nurture relationships at the same time. Respect grows when we know when to speak, how to communicate, and how to carry dignity in every role we choose.

Today, both girls and boys are working, and both share responsibilities at home and outside. Equality means partnership, not competition. When empowerment is guided by self-awareness, mutual respect, and contribution, it creates confidence, harmony, and real happiness, not ego, comparison, or constant dissatisfaction.

Appearance-Focused Empowerment

Empowerment that depends only on appearance can quietly become pressure. When confidence is linked to looking perfect, wearing certain clothes, or matching online beauty standards, girls may start feeling that their value comes from how they look rather than who they are.

True strength is not built on makeup, body shape, skin tone, or fashion. It comes from skills, character, kindness, knowledge, and emotional intelligence. Appearance can be a form of self-expression, but it should never become the measure of self-worth. Real confidence grows when a girl respects her mind, her voice, her effort, and her values. When empowerment shifts from “How do I look?” to “What can I learn, create, and contribute?” it becomes lasting, meaningful, and freeing.

Misleading Lifestyle Portrayals

On Social media, many posts show success, luxury, and freedom without showing the hard work, discipline, failures, and patience behind them. This creates the illusion that life should be easy and fast. When reality feels slower, girls may feel they are falling behind.

True growth takes time, consistency, and effort. Understanding this protects you from comparison and helps you build real confidence instead of chasing unrealistic expectations.

How Teens Can Stay Safe and Healthy Online

- **Limit Screen Time:** Dear girl, your mind needs rest just like your body. Endless scrolling may feel relaxing, but it actually increases anxiety, reduces focus, and disturbs sleep. Studies show that high screen time is linked with low mood and poor concentration. Set time boundaries for apps and keep your phone away before sleep. When you control the screen, your thoughts become clearer, your emotions calmer, and your productivity stronger.

- **Curate Content:** You become what you consume. If your feed is full of comparison, beauty pressure, or negativity, your confidence will slowly drop. Choose to follow content that teaches, inspires, and uplifts you. Unfollow anything that makes you feel “not enough.” Your digital environment shapes your mindset. Protect your mind the way you protect your health.
- **Question Everything:** Not everything online is real. Most photos are edited, filtered, and carefully staged. People post their best moments, not their struggles. If you compare your real life with someone’s highlight reel, you will always feel behind. Remind yourself: real growth is slow, private, and imperfect, and that is completely normal.
- **Balance Online and Offline Life:** Your real life is bigger than your screen. Move your body, learn a skill, read, create, talk, and spend time in nature. Physical activity improves mood, hobbies build confidence, and real conversations strengthen emotional health. The more you invest offline, the less control social media has over your happiness.
- **Seek Real Connection:** Likes and comments are not love. True connection happens when you talk to someone who listens, understands, and supports you. Share your feelings with a trusted friend, parent, mentor, or teacher. Real conversations reduce stress and build emotional strength. You don’t need online validation when you have real support.

Why This Matters

Dear girl, social media is not going anywhere. It will remain a part of your daily life, your friendships, your learning, and your entertainment. But the way you use it will decide whether it becomes your strength or your stress. Without awareness, it can slowly affect your self-esteem, disturb your peace, and make you doubt your worth by pushing you into constant comparison and the need for approval. It can make you feel that you are not doing enough, not looking good enough, or not living an exciting enough life — even when you are doing perfectly fine.

But when you use it mindfully, it becomes a powerful tool. It can help you learn new skills, express your creativity, find positive role models, and connect with people who truly support your growth. The control should always remain in your hands, not in the algorithm.

Always remember, your value is not decided by likes, followers, views, or comments. You are far more than any number on a screen. Real confidence comes from your character, your kindness, your efforts, your knowledge, and your resilience.

Use social media to learn, create, and inspire — not to compare or seek validation. Choose real conversations over virtual approval, real growth over online image, and real happiness over temporary attention.

You are enough, even when the world is offline.

10 Topics Every Girl Needs to Know – A Growing Up Guide

Dear Girl,

Growing up as a girl can feel exciting... and overwhelming at the same time.

There are days when you feel confident and strong, and days when you feel confused, emotional, or unsure of yourself.

Let me tell you something important first:

You are not broken. You are growing.

There are many things no one explains clearly to girls.

This book is for you—to tell you the truth, with honesty and care.

1. Your Body Is Changing—and That Is Normal

Your body may grow faster or slower than others.

You might feel awkward, uncomfortable, or confused.

One day your jeans fit.

The next day... they don't.

One day you feel tall.

The next day your friend suddenly looks like a basketball player next to you.

Welcome to **growing up**.

Your body may grow faster or slower than others.

You might feel awkward, uncomfortable, or think,

“Why is my body doing *this*?”

Here’s the truth: Every girl’s body follows **its own secret schedule**.

There is no “right” size, shape, or speed.

Your body is not confused, lazy, or weird.

It’s just **busy upgrading you**—one change at a time.

So take a deep breath.

Your body knows what it’s doing...

even when it forgets to inform *you* first.

2. Periods Are Not Shameful

Periods can bring pain, mood changes, and embarrassment—especially when no one talks openly about them.

Periods can bring cramps, mood swings, low energy and sometimes emotions that feel like a roller coaster. And when no one talks openly about them, they can feel embarrassed or confused.

But the reality is: Periods are not dirty.

They are not something to hide or feel ashamed of.

They are a **natural sign that your body is strong and healthy**.

Your body is not creating a problem—

it is doing something powerful and important.

So, if you need rest, care, or extra kindness during this time,

that's not weakness.

That's **listening to your body**.

3. You Are More Than Your Looks

Social media can make you feel like you need to look a certain way to be accepted.

Scroll... scroll... scroll...

And suddenly it feels like everyone online has perfect skin, perfect hair, and a perfect life.

Social media can quietly whisper,

“Maybe I need to look different to be liked.”

But do you know the real world? Most of what you see online is **edited, filtered, and carefully posed**; you can call it a facade.

Real people have pimples, bad hair days, and awkward moments—just like you.

Your value is not in your skin color, your weight, or how you look in photos.

You are more than a picture on a screen.

You are **enough**—on your best days and your messy ones too.

4. Your Emotions Are Not a Problem

Some days you may cry without knowing why.

Other days you may feel angry, sensitive, or tired.

The tears which show up without an invitation may feel irritating, heavy, or just *too much*.

And you might wonder,

Why am I feeling like this?

Let me tell you the reality behind it:

Feeling deeply does **not** mean you are weak.

It means you are **emotionally aware**.

Your feelings are signals, not flaws.

Learning to understand emotions ~ why they come, what they need, and how to handle them—

is a big part of growing up.

So be gentle with yourself.

You're not overreacting.

You're learning.

5. Friendships Will Change—and That's Okay

Friends may come close and then drift away.

This can hurt deeply.

Some friends feel like family...

until one day, things change.

Messages slow down.

Seats change.

And suddenly, someone who meant a lot feels far away.
That can hurt—deeply.
So here’s something important you should know.
Not every friendship is meant to last forever.
And that doesn’t mean it failed.
Losing a friend does **not** mean you are unlovable.
It simply means you are growing.
And yes—you are allowed to outgrow people.
The right friendships will find you again,
at the right time.

6. Crushes and Feelings Are Normal

Crushes, attraction, and boyfriends are a part of growing up.

You may feel attraction toward the opposite gender and start thinking about having a boyfriend.

This curiosity is natural. It is common. It is part of growing up.

There is nothing wrong with having these feelings.

What matters most is learning what is **GOOD** for you and what is **NOT** good for you.

Not every attraction is healthy.

Not every connection deserves your time or energy.

You don’t have to rush into anything just because others are doing it.

Feelings are natural—but **choices need awareness**.

Always ask yourself:

Does this make me feel safe?

Does this respect my values and boundaries?

Growing up is not about saying yes to everything.

It's about learning to protect your heart, your mind, and your future.

7. Your Voice Matters

Sometimes you may feel scared to speak up.

You may worry about disappointing others or being misunderstood.

You don't have to be loud to be strong.

Your thoughts, feelings, and opinions matter.

You are allowed to take space.

There is **nothing wrong in telling the truth**—even if it feels heavy or dark.

Truth is not something to be punished for.

Truth is how healing begins.

Do not judge yourself through someone else's opinion.

Many opinions are loud—but they hardly matter when it comes to your **mental health and peace**.

Your **first point of contact should always be your parents**.

Talk to them. Tell them everything—without overthinking how they might react.

Parents may not be perfect, but their intention is to protect you.

Believe this:

Girls who don't bottle up stress inside them feel lighter.

They carry less anxiety.

They grow into calmer, stronger adults.

So whenever something feels heavy—

Unload the pressure.

Right there. Right then.

You don't have to carry it alone.

8. Marks Do Not Decide Your Worth

Are you feeling reassured to perform well and can feel heavy.

Let's be honest. Marks can feel scary.

Sometimes your heart beats faster when results are announced.

Sometimes you feel proud.

Sometimes disappointed.

And sometimes you wonder, "*Am I good enough?*"

Here's something very important you need to know:

Marks show how you performed on one paper, on one day.

They do not measure:

- Your intelligence
- Your creativity

- Your kindness
- Your effort
- Your future

You are not a percentage.

You are a whole human being.

It's okay to feel happy if you scored well—celebrate it.

It's okay to feel sad if you didn't—feelings are allowed.

It's okay to feel confused—growth feels like that sometimes.

But never feel *small* because of marks.

Instead of saying: I'm bad at studies. Try saying and thinking - "I'm learning, and I can improve."

Instead of hiding your report card:

- Talk to your parents
- Ask questions
- Share honestly

And always remember: Truth has no punishment.

How You Should Act

Focus on understanding, not just memorising. Ask for help—smart people do, and compare yourself only with who you were yesterday.

Everyone has a different pace.

Some bloom early.

Some bloom later.

Both are beautiful.

Always remember:

Your marks do not define you.

They never did.

They never will.

You are capable.

You are growing.

And you are already enough—*with or without a toppler badge*.

Keep going. Your journey is yours.

9. Trust Your Instincts

Sometimes you may feel uncomfortable but unsure why.

Sometimes something feels *off*...

But you can't explain it.

There's no clear reason.

Just a quiet feeling inside.

That feeling is important.

Your inner voice is real.

It is your mind and heart working together to protect you.

If something makes you uncomfortable—even a little—

- You are allowed to pause
- You are allowed to step back
- You are allowed to say no

You do not need proof.

You do not need permission.

How You Might Feel

- Confused: “*Am I overthinking?*”
- Worried: “*What will people say?*”
- Pressured: “*Maybe I should just adjust.*”

But listen carefully—

Feeling uncomfortable is not being rude.

Protecting yourself is not wrong.

And How You Should React

- Trust that first feeling
- Create distance if needed
- Speak up or leave when something doesn’t feel safe

Your comfort matters more than anyone else’s opinion.

You should talk to a trusted adult—especially your parents.

- Share openly without fear
- Ask questions instead of staying silent

Girls who listen to themselves grow into strong, confident women.

Remember This Always

Listening to yourself is a strength.

Your safety—emotional and physical—comes first.

Your voice matters.

And it deserves to be heard.

10. You Don't Need to Have Life Figured Out

Sometimes it *feels* like everyone else knows exactly what they're doing...

like they already have their future planned, their life "sorted,"

or their dreams already on track — especially when you see it online on Instagram, TikTok, or reels.

You might find yourself thinking, "*Why am I not there yet?*"

"Everyone else seems so sure."

But here's an important truth you need to hear.

In reality, no one — not even the people you admire on social media — has everything figured out.

Most of what you see online is **just a highlight reel** — fun moments, big achievements, perfect photos,

but not the real struggles behind the scenes.

Even girls your age feel:

- overwhelmed by drama and comparison online
- pressure to look a certain way or get likes
- anxious about friendship issues or feeling left out
- worried about the future or not measuring up to others

And that's okay. You know why, because no one has it all figured out, especially not at your age.

You are not late.

You are not "too much."

You are **becoming**.

Growing up isn't like checking off a list.

It's more like learning a dance — sometimes smooth, sometimes awkward, but always moving forward.

You can be:

- curious about your future
- unsure about what comes next
- excited one day and nervous the next
- confused about choices and opinions

And you can still be enough right now.

So dear beautiful girls,

Instead of comparing yourself to others:

- Focus on what you enjoy, not what others seem to have
- Celebrate your small wins — they matter
- Take breaks from social media when it feels overwhelming
- Talk to someone you trust when things feel heavy
- Remember: real life isn't filtered — and that's a good thing

You are learning, growing, and discovering who you are — and that is enough for now.

You don't need to have life planned today.

You just need to keep being you — step by step, day by day.

Acknowledgment

Why I Wrote This Book: A Message for Teen Girls

Growing up as a girl is an incredible journey—but it can also be confusing, overwhelming, and sometimes lonely. From the changes in your body to the pressures of friendships, family expectations, and society, teen girls face questions that aren't always easy to ask out loud.

I wrote *Only for Girls* because I wanted to create a safe space where girls can find honest answers, guidance, and encouragement. This book is for every girl who has ever felt unsure, embarrassed, or pressured—whether it's about puberty, friendships, independence, social media, or even questions about marriage.

It's important because knowledge is power. Understanding your body, emotions, and rights helps you make confident decisions, stay safe, and grow into the strong, independent young woman you are meant to be. With relatable stories, practical advice, and reassurance that you are not alone, this book will help you navigate the ups and downs of adolescence with confidence and self-respect.

Only for Girls is not just about growing up—it's about thriving, embracing yourself fully, and discovering your own voice in a world full of expectations.

Message from the Author – Kashish Sandhu

When I was your age, my heart was full of questions—questions about my body changing, my emotions feeling too big, friendships shifting, and worries about the future. I didn't always know who to ask or how to explain what I was feeling. Sometimes I smiled on the outside while feeling confused, insecure, or alone on the inside. That is why I wrote this book—so you never have to feel unheard or misunderstood.

Growing up is a beautiful, sometimes messy journey. Some days you feel confident and excited, and other days you may feel overwhelmed, compare yourself to others, or wonder if you are enough. All of this is a normal part of growing up. You are learning, changing, and discovering who you are. You are growing, glowing, and becoming—and I want you to know that I am cheering for you, especially on the days when you doubt yourself.

This book is my way of walking beside you—through the confusion, the questions, and the quiet moments in between. It is here to offer comfort, understanding, and gentle guidance, and to remind you of one important truth: you are never alone, and you never have to figure everything out by yourself.

About the Author – Kashish Sandhu

Kashish Sandhu is a certified early childhood educator, Parenteen Coach, and author of *Rise and Shine: The Story of a Girl Who Believed*, *3P Golden Tips for Easy Parenting*, and *Only for Girls*. Driven by her personal experiences and professional expertise, she helps parents make their parenting journey easier while guiding teens to understand themselves, their families, and the world around them.

Growing up, Kashish often felt misunderstood and lacked guidance, which inspired her to become an educator and coach. She specializes in bridging the communication gap between parents and teens, helping families navigate challenges like peer pressure, emotional ups and downs, social media, and societal expectations.

Through her books and coaching, Kashish provides practical strategies, emotional tools, and relatable guidance for both teens and parents. Her mission is to empower teens to embrace their individuality, build confidence, and make informed choices, while helping parents communicate effectively, offer support, and foster harmonious relationships.

With warmth, empathy, and years of experience, Kashish Sandhu is committed to creating a world where teens feel understood, parents feel equipped, and families grow stronger together.

Only for Girls: A Growing Up Guide for Confident, Happy Teens

Growing up as a girl is exciting, but it can also be confusing, overwhelming, and sometimes lonely. From understanding the changes in your body and emotions to navigating friendships, family expectations, peer pressure, and even societal pressures around marriage, teens face questions that aren't always easy to ask out loud.

Only for Girls is a warm, honest, and practical guide written especially for you. It answers the questions you may feel too shy to ask, helping you understand your body, your feelings, your relationships, and your rights. This book covers everything from managing embarrassment and building confidence to handling bullying, social media, and real-life challenges with resilience.

Filled with relatable stories, actionable advice, and empowering insights, *Only for Girls* helps you make informed choices, embrace your individuality, and grow into a confident, independent young woman. It reminds you that emotional ups and downs are natural, that you are never alone, and that your voice, your feelings, and your dreams truly matter.

Whether you are exploring independence, facing peer pressure, or simply trying to understand yourself better, this book is here to guide, encourage, and cheer you on every step of the way.