



Erasmus + VET Strategic Partnership

IENE 8 - Empowering migrant and refugee families with parenting skills

Bite sized Learning Tool no. 1.4.

TITLE OF THE TOOL – BECOMING ADULTS

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TITLE: 1.4. BECOMING AN ADULT (12-18 YEARS OLD)

This bite-size learning tool refers to the process of becoming an adult. As bibliography refers to the ages 18-25 years old; for the purpose of IENE 8 project on the bases of the curriculum for parenting skills, it is important to prepare parents while in adolescence, the transition to adulthood.

LEARNING OBJECTIVES

1. To present the main characteristics and needs of adulthood.
2. To understand the process of becoming an adult within the context of one's culture.
3. To become aware of ways dealing with adolescents going through the phase of becoming an adult.

THE PROCESS OF BECOMING AN ADULT

Becoming an adult is a process. This is universal but may differ in societies and/or cultures. **Adolescence**, is a transitional phase of growth and development between childhood and adulthood (<https://www.britannica.com/science/adolescence>); while **Emerging adulthood** has been proposed as a new life stage between adolescence and young adulthood (Arnett, 2019).

Adolescence, in many cultures, is narrowly seen with puberty and physical changes. In other societies adolescence is understood in broader terms that encompass psychological, social and moral dimensions as well as the strictly physical aspects of maturation. During adolescence, issues of emotional separation from parents arise. While 'separation' is a necessary step in the establishment of personal values, the transition to self-sufficiency leads to different adjustments of adolescents (<https://www.britannica.com/science/adolescence>). Further, adolescents seldom have clear roles in their cultures; however, they have an adaptive period between childhood and adulthood. Many health habits are adopted during this period. In this family and culture plays important role.

IENE 8 project makes an effort to enhance parenting skills and empower parents (particularly migrant and refugee) to learn ways in dealing with their children in a culturally and healthy manner during under different situations and in different ages- for this bite-size learning tool is the process of becoming an adult.

Adult development includes biological and psychological changes in one's life. These can be gradual or rapid, and may reflect positive, negative or no change from previous levels of functioning. Emerging adulthood is a time for seeking one's defined role; No longer a child, not yet fully adult (Tribble, 2015). Adulthood is a distinct period demographically, subjectively and in terms of identity explorations (Arnett, 2000)

Five features make emerging adulthood distinctive: Identity explorations, instability, self-focus, feeling in-between adolescence and adulthood and a sense of broad possibilities for the future (Arnett, 2019).

Implementation of certain actions may help in improving parenting skills- such as setting limits, communication, boosting child/adolescent self-esteem, be a good model, be flexible, show that love is unconditional, know one's own needs (Kids Health Medical Experts).

IENE 8 project resides in the importance of these issues in the context of empowering refugee and migrant parents with parenting skills.

KEY POINTS

1. Adolescence is a transition developmental phase from childhood to adulthood
2. During adolescence many health and social habits are acquired, thus competent parenting guidance and support are crucial, particularly in vulnerable population such as refugee and migrants
3. Becoming an adult is a process. Emerging adulthood is a life stage between adolescence and young adulthood. Culture and society as well as family shapes roles during this process.
4. Main features of emerging adulthood include: Identity explorations, instability, self-focus, feeling in-between adolescence and adulthood and a sense of broad possibilities for the future.
5. Competent parenting skills include: Setting limits, communication, boosting child/adolescent self-esteem, be a good model, be flexible, show that love is unconditional and so on

Please also refer the relevant PowerPoint presentation for this bite-size learning unit.

ACTIVITY

QUESTIONS

1. What is emerging adulthood?
2. What factors may influence the process of becoming an adult?
3. Write 4 competent parenting skills?

REFLECTION ON ONE ISSUE FROM THIS BITESIZED TOOL

Use this space to write down your answers to the questions of the above activities.

SELF ASSESSMENT

Think of a migrant or refugee boy or girl aged 12-18 living in a temporary accommodation with his/her parents and 2 younger siblings. The young boy/girl miss his/her friends back home, feels alone, thus expressed with rebellious behaviour. What is the expectation of his/her role and behaviour and how this can be shaped using appropriate parenting skills?

REFERENCES

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ANSWERS TO QUESTIONS IN ACTIVITY SECTION:

A/A	ANSWER
1	Emerging adulthood is considered as a new life stage between adolescence and young adulthood.
2	Factors influencing the process of becoming an adult include: Culture, society, family.
3	Competent parenting skills include: Setting limits, communication, boosting child/adolescent self-esteem, be a good model, be flexible, show that love is unconditional and so on.

ANSWER FOR SELF ASSESSMENT ACTIVITY:

It is important to guide parents taking in consideration its culture and ethnic background as to help to approach his/her son/daughter in an appropriate and acceptable for the family way. It is important that parents show an understanding of his/her needs and loss and that they share this feeling. Parenting skills such as communication, boosting adolescent self-esteem, flexibility, show that love is unconditional are much helpful along with compassion.