

The Hidden Mess Beneath Awkwardness - Robin Brooks-Sherriff

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SUMMARY

The speaker discusses the complexities of adolescent behavior, emphasizing that outward appearances of maturity in teenagers can often mask internal struggles. They express concern for seemingly well-adjusted kids, suggesting that those who appear organized may be hiding deeper issues.

- *Adolescents often present a facade of maturity that may not reflect their internal state.*
- *Messy and loud behavior can be a sign of authenticity, while overly composed behavior may indicate hidden struggles.*
- *Parents should be vigilant about checking in on "easy" kids who seem to have it all together.*
- *The speaker highlights the importance of recognizing that adolescence is a fundamentally messy process.*
- *There may be underlying issues in teens who appear overly organized or rule-abiding.*

This little guy right here just has got 13-year-old boy written all over him to me, right? You just can't get the hair to work. And your parental heart has this like, oh, I just want to. They're just so awkward. And what they look like on the outside is awkward is what they feel like on the inside. It seems like some of them are really put together and mature and organized. And that's the presentation you're getting some of the time, but they're not right. So, what is going on? They might be holding it together and they might be presenting super well in some sort of way, but if you aren't seeing the messiness on the outside, then I'm actually more concerned about what's going on with that kid than I am with the one who's really messy and loud and noisy and knocking things over. If they're like super zipped up tight and they are following all the rules and they are only doing what they're supposed to be doing, then I'm extremely worried about what's going on inside that kid because this whole process is just fundamentally messy. So, it's something to wonder about and be like, "Oh, wait a minute." Because easy kids need checking on because we're not sure what's going on in there. And it's not to be alarmist, but check on the ones that seem like they've got it all together because they probably don't.

And there's some other issues that can be going on there as well.