



# Conflict Resolution Session Series

## Resource Pack

*Growing Up Is Never Easy*

Illustrations copyright Hannah Foley © commissioned by SCCR

**SCCR** Scottish Centre for  
Conflict Resolution

**cyrenians**



# Growing Up

We are each and all a product of nature and nurture; we are capable of learning and developing throughout our lifetimes.

SCCR Resource Booklet

## Stages in adolescence:

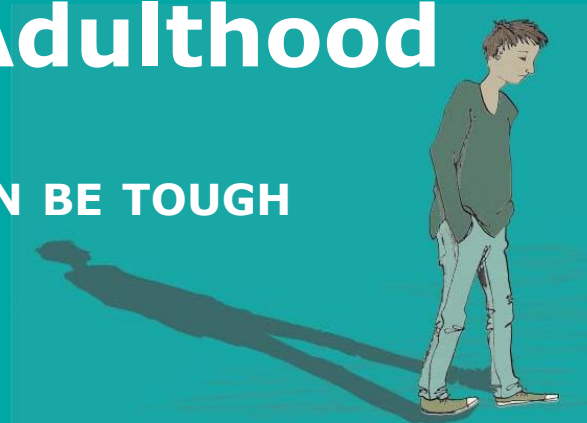
Early (11-14)

Middle (15-17)

Late (18-21)



# Stages to Adulthood



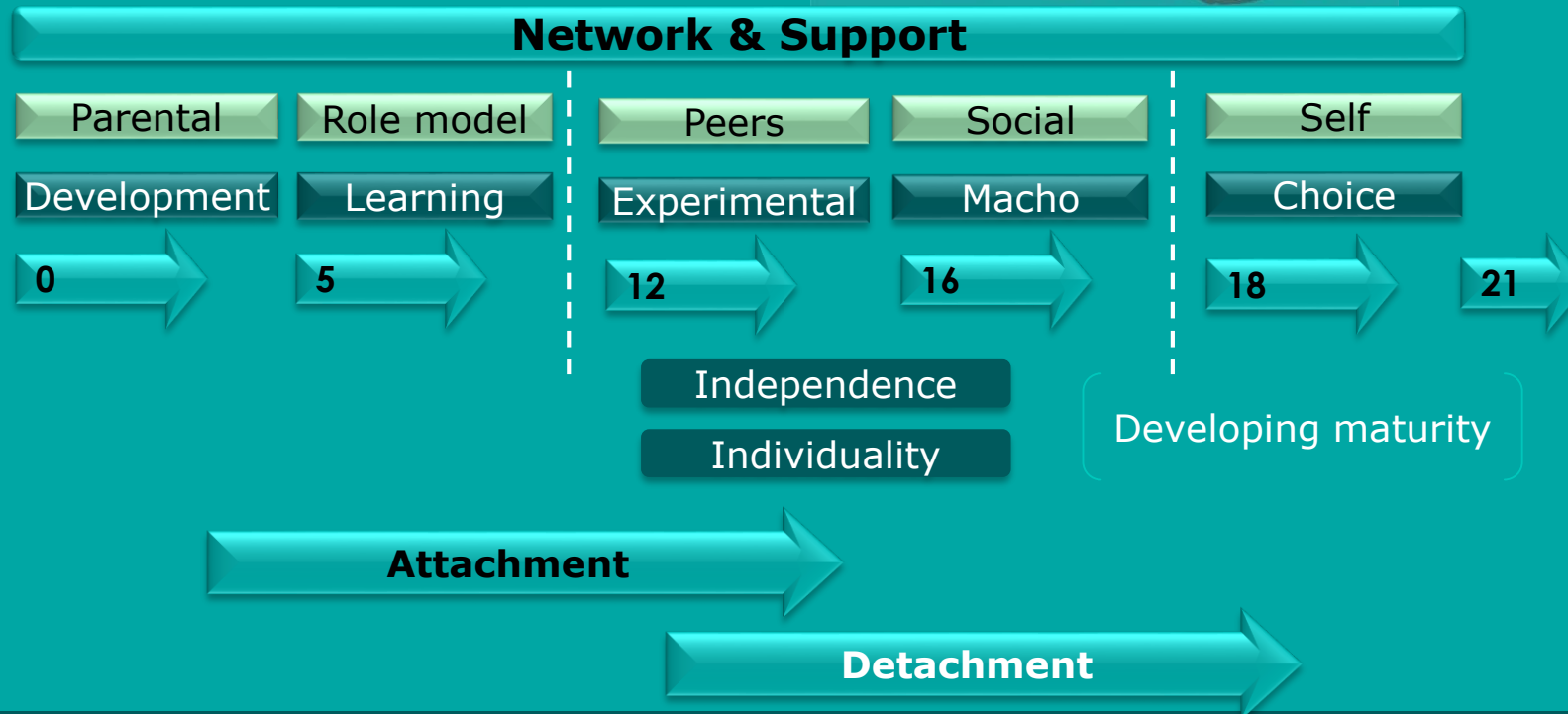
GROWING UP CAN BE TOUGH

Influencers

Stages

Society

Technology



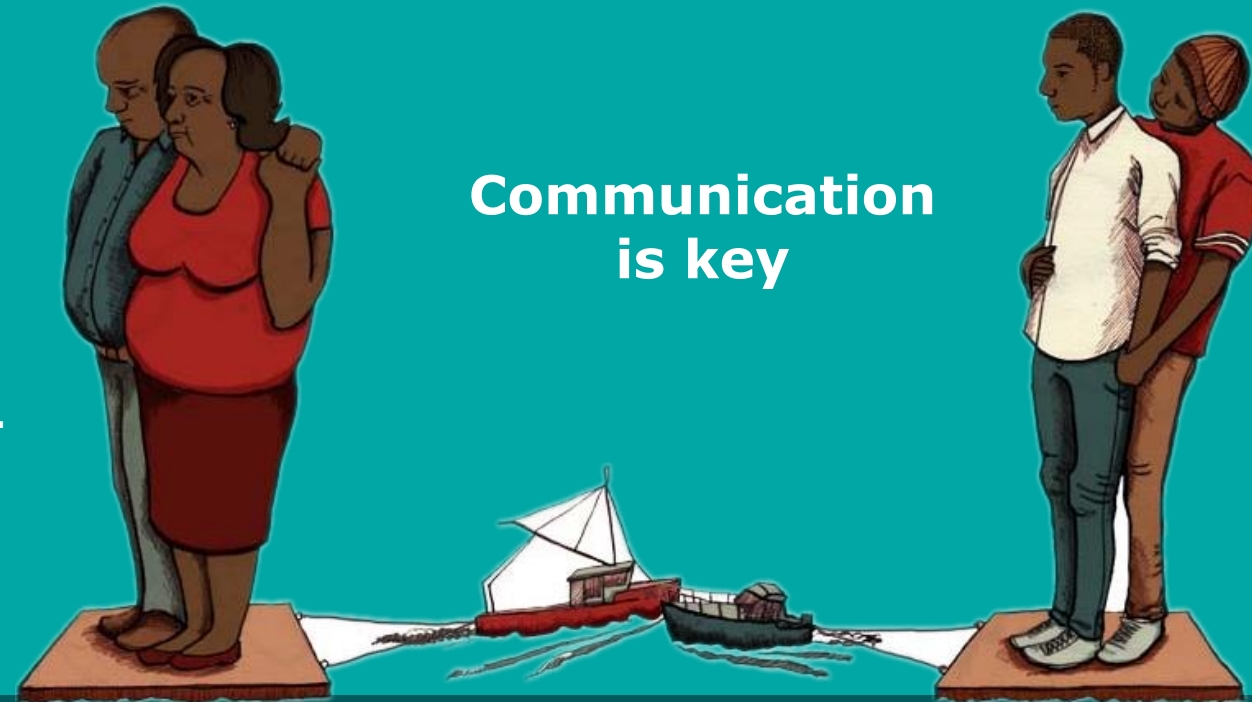
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# Take Home Messages

Growing up is life experience we all go through, however the experiences we have, good or bad during this time shape the way we develop and grow.

Remember it is in your best interest for your child to work with you rather than against you, for that to happen you need to understand, communicate and support them.

**Communication  
is key**



# SCCR Digital Resources

Our award-winning digital resources improve understanding of conflict and emotional needs to transform relationships and lives.

All our digital resources can be found on our website here at: <https://scottishconflictresolution.org.uk/>

Our resource hub includes our resource booklet, an array of activities and our films and animations. These are perfect for groups, classrooms or one to one discussions.



# Keep in touch!

- Please share your experience of our event on social media using the hashtag *#GrowingUp*



Keep in touch and discover more about our:

Training | Events | Seminars | Resources  
Animations | Blogs | Digital projects | Films |



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scottishconflictresolution.org.uk

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# Useful Links

- <https://www.parentclub.scot/> - The Scottish Government's Parents Club Scotland website, to help support families raising young children in Scotland and to promote child and parental welfare.
- <https://www.dadsrock.org.uk/> - We are here to provide support for Dads, and support for families. From as soon as they know they will be fathers, we want to help men understand the important role they play in their children's upbringing.
- <https://www.pas.org.uk/> - PAS is Scotland's leading place and active citizenship charity. We support a planning system that is inclusive, positive and innovative, where individuals and communities help shape the future of their place.
- <https://www.children1st.org.uk/> - Children 1st is Scotland's National Children's Charity. We exist to prevent abuse and neglect, to protect children and keep them safe from harm. Together we can help children in Scotland live in safe, loving families and build strong communities. We help survivors of abuse, trauma and other adversity to recover and we work tirelessly to protect the rights of children in Scotland.
- <https://www.familiesoutside.org.uk/> - Families Outside is the only national charity in Scotland working exclusively on behalf of families affected by imprisonment. We speak to thousands of families each year, providing information and support on issues such as housing, finance, and emotional support

**Thank you for your support and we hope to see you again soon!**



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