**What is the hardest part of being a teenager now? What's the best part? What advice would you give a younger sibling or friend (assuming they would listen to you)?**

Teenage is not exactly how the movies like "High School Musical "portray it to be, kids out of nowhere coming out to sing and dance. Not even close to "Mean Girls", where all girls worry about is clothes and gossip about other students. In real life, there is no singing and dancing in corridors and there is no "Burn Book". While I was in my mid-teens I had too many insecurities and a constant fear that I'll be judged. The notion of "what would people think?" was running in my mind all the time. Even before doing something simple, I asked myself "wait, what would they think about me?

When I was young, I faced peer pressure, braved body shaming, fought my inner demons and battled insecurities that created psychological strains on me. But, in all these battles, I feel that I lost a part of myself which was uniquely my own. I wish that I had realized it sooner how to fight insecurities, how not to lose my own self and understand that I need to accept myself the way I am and work for myself rather than trying to impress others. Ironically, the worst things that happened to me brought out the best in me. These circumstances made me a strong and independent person.

Today, I have learnt to become self-sufficient, both emotionally as well mentally. Given a chance, I would advise my younger siblings that it's okay to let loose. It's okay if not everyone accepts you the way you are. You shouldn't expect that everybody will accept you. Most importantly, I would tell them NEVER to change themselves for others, rather, change should come if you feel that you need change yourself. It cannot be called ‘change’ if its need doesn’t arise from within you.