

# Needs Analysis

## Analysis Information

### Stated Problem

Many teenagers struggle with self-doubt, identity confusion, and low self-confidence due to constant exposure to societal pressures, unrealistic expectations, and unfiltered comparison via social media. Stakeholders and subject matter experts (SMEs) observe that many teens lack the emotional tools and self-awareness needed to build a stable sense of identity in today's complex social environment.

### Goals

The goal is to equip teens with self-awareness, critical thinking about external influences, and tools for setting healthy boundaries — leading to improved confidence and clearer identity formation. Stakeholders want learners to exhibit greater emotional independence, assertiveness, and internal clarity about their values.

## Current Performance & Observations

### Current Performance

Most teens are heavily influenced by peer validation, online personas, and family labels. Many lack the ability to articulate their values, express their needs respectfully, or recognize how external forces shape their self-image.

### Observations

- Learners often feel pressure to conform and struggle to express dissent without fear of judgment.
- Their confidence tends to fluctuate depending on social approval rather than internal grounding.
- Identity confusion is exacerbated by conflicting messages from parents, school, culture, and media.

## **Conclusions**

Teens are not meeting the desired level of self-awareness and confidence because they haven't developed frameworks for identity reflection or practiced assertive behavior in safe, guided contexts.

## **Recommendations**

### **Non-Training Recommendations**

- Encourage families and schools to foster environments where open dialogue, individuality, and emotional check-ins are valued.
- Promote inclusive language and role modeling of healthy self-expression in school and youth programs.

### **Training Recommendations**

- Provide interactive, reflective training that empowers teens to explore identity in non-judgmental ways.
- Focus modules on strengths, values, boundary-setting, and media awareness — all tied to self-confidence and authentic identity development.
- Use scenario-based learning, journaling, and visual metaphors to deepen personal insight.