

Youth Life

Growing from a child to an adult is one of the most exciting times of life. It includes increased freedom and exploration of new thoughts and actions. Meeting new people and gaining more freedom opens the door to the true diversity of the world. Every day, youth confront social and cultural expectations that challenge Bahá'í values. Sometimes, though, confronting these pressures can feel overwhelming and stressful rather than empowering and liberating.

Bahá'í Faith

You are not alone in this exciting, challenging period of your life. Bahá'ís around the country are experiencing similar transitions, and many have already grown through this stage of life. The Illumine website shows how Bahá'í principles can assist with the transition to adulthood and shares the knowledge and experience from other Bahá'ís. The illumine.org website can help guide you through life's twists and turns.

1. Personal stories show how other Bahá'í youth grew through their teens.
2. Book and movie recommendations are entertaining and informative.
3. Resources provide ways to take action in your life.

illumine.org

More Freedom and Risk

It is exciting to gain responsibility and freedom as you mature. With that new freedom comes decisions that have larger consequences. You will gradually become more confident and more willing to take risks to explore your limits. You may also feel pressure from friends to take risks that you wouldn't on your own. Approval of friends can feel very important during youth. Experimenting with drugs and alcohol is a common way to try to be accepted by others while also taking major risks. You must choose acceptable risks and live with the consequences of your decisions.

Making Wise Choices

No one expects to abuse drugs or alcohol when they first try them. They start using drugs or drinking alcohol to help them relax, have more confidence, or fit in with people who use these substances. Using them this way prevents you from learning valuable social skills since they can interfere with having sincere friendships. Drugs and alcohol distort perception and provide a temporary escape from reality. 'Abdu'l-Bahá states that **"Alcohol consumeth the mind and causeth man to commit acts of absurdity"** and that drugs **"extinguish the mind, freeze the spirit, petrify the soul, waste the body and leave man frustrated and lost."**

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Youth Life +
Bahá'í Faith



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Drugs & Alcohol

Considering
long-term
consequences
of choices

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The official Baha'i website is: bahai.org.

“Man should know his own self and recognize
that which leadeth unto loftiness or lowliness,
glory or abasement, wealth of poverty.”

Bahá'u'lláh