

2

Positive Youth Outcomes

2.1 Adolescent Development

Objective: Participants will learn about stages and challenges of adolescent development

Material: Slides: Adolescent Development Power Point

Handouts: 2.1.A. Adolescent Development PP

2.1.B. Stages of Adolescent Development

2.1.C. Adolescent Brain Development

2.1.D. Facts Regarding Adolescent Demographics and Behaviors

Time: 30-40 minutes

Audience: General

Lesson Plan

Adolescence – commonly described as the years between childhood and adulthood – what does it look like? What are the challenges?

We all went through this stage of development. I personally look back with very mixed emotions; it's not a time I really enjoyed and would volunteer to go back to. Anybody else feels like that? It is an intense period of growth with many challenges to face. We all probably remember that. Although the main tasks of adolescence are the same, many things have changed since we grew up. How many of you think that it is easier now to be an adolescent than when you grew up? Please raise your hands. How many of you think it is the same? And how many of you think it is harder now to be an adolescent? ***Most likely the vast majority of participants will raise their hands that it is harder.*** I agree with you. I think it is a lot tougher now. Let's take a look what adolescent development looks like, and we will talk about some of the current challenges as well.

Step 1> PowerPoint Presentation: Adolescent Development

I would like to walk you through the main areas of adolescent development highlighting recent research and trends and spend a little time talking about the implications.

I will use PowerPoint slides but feel free to ask questions at any time.

Present PowerPoint using the attached notes. Distribute handout 2.1.A. Adolescent Development PP.

Ask participants for comments and observations. Let participants reflect on the information: Does it impact how they work with young people right now? Do they need anymore in depth information on any particular issue (which could be address through another workshop)?

Distribute handouts: Adolescent Stages of Development, Adolescent Development, and Facts Regarding Adolescent Demographics and Behaviors.

Facilitator Tips

1. Practice power point presentation using the notes. Review the following material: a) American Psychological Association. 2002. Developing Adolescents (www.apa.org/pi/pii/develop.pdf); b) National Campaign to Prevent Teen Pregnancy. 2005. Freeze Frame: A Snapshot of America's Teens (www.teenpregnancy.org/works/pdf/FreezeFrame.pdf)
2. This presentation provides a brief overview of adolescent development and recent data on behavior trends. It is supposed to set the stage for a discussion of other youth development principles. If the audience is interested in more comprehensive presentation of adolescent development, this would not be the appropriate presentation.
3. This activity can be used as an introduction to activities on positive outcomes, youth involvement (Section 3), youth development in care settings (Section 4) and effective youth development programming (Section 5).