

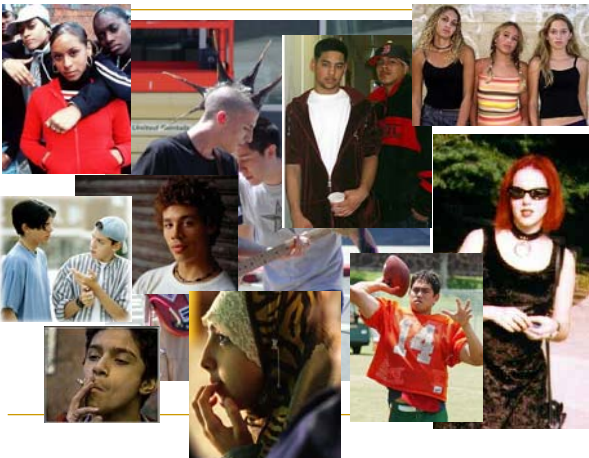
Adolescent Development

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Adolescents are:



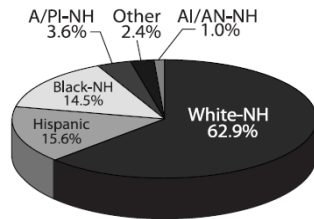
- Age: 10-19
- 40.7 million



Adolescents: Increasingly Diverse

U.S. Population by Age and Race/Ethnicity, 2000

Adolescents Ages 10-19



Source: Fact Sheet on Demographics: Adolescents, National Adolescent Health Information Center, <http://nahic.ucsf.edu/downloads/Demographics.pdf>. Accessed: November 29, 2005

Challenge #1

Biological Development



Onset of puberty	10-12	11-13
Growth spurt	10-12	12-14
Early maturation	7	

Biological Development

Eating Disorders:

- approx. 1% of girls (12-18) anorexic
- 1-3% bulimic
- 20% (estimated) engaged in less extreme unhealthy dieting

Nutrition:

¾ of adolescents do not eat recommended servings

Overweight: ages 12-19 (1971 – 2002)

- Boys 6.1% - 16.7%
- Girls 6.2% - 15.4%
- Physical activity level drops dramatically (9→12 grade)

Challenge #2

Cognitive Development

Normal adolescent behavior?

- ❑ to argue for the sake of arguing
- ❑ to be self-centered
- ❑ to constantly find fault in adult's position
- ❑ to be overly dramatic

Y E S !

Cognitive Development different arrow

19 years



10 years

- ability to think abstractly
- ability to analyze situations logically
- ability to think realistically about the future, goal setting
- moral reasoning
- Entertain hypothetical situations, use of metaphors
- Need guidance for rational decision making

Brain Research Findings

The brain continues to develop during adolescence.

Areas under construction:

- Prefrontal cortex – responsible for organizing, setting priorities, strategizing, controlling impulses
- Brain functions that help plan and adapt to the social environment
- Brain functions that help put situations into context; retrieve memories to connect with gut reactions



Challenge #3

Social Emotional Development

- Who am I? Where do I belong?
 - Identity development (gender, sexual, ethnic)
 - Self-esteem
 - Role of peer group
- How do I relate to others?
 - Social Skills
 - Emotional Intelligence



Experimenting with Intimacy

Romantic Relationship

12-14 years - 24%

15-17 years - 39%

Sexual Experience

15-19 yrs 1995 - 2002

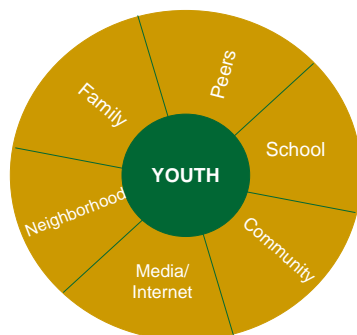
Boys 55.3% - 46%

Girls 51.7% - 46.8%

Sexual behavior is changing

15-19 yrs	Oral Sex
Boys	55%
Girls	54%

Environmental Settings



Social Toxicity

VIOLENCE

HOMOPHOBIA

SEXUAL EXPLOITATION

Social factors that poison youth' well being and healthy development

DISRUPTED FAMILY RELATIONSHIPS

HEALTH THREATS

SEXISM

RACISM

POVERTY

LACK OF BENEVOLENT ADULT AUTHORITY

Risk Taking Behavior?

It is normal -
Exploration of new behaviors, decision making skills, identity development



But there is concern -
Adolescents overestimate their capacities, rely on their immature ability to judge, or give in to peer pressure

Problem Behaviors

- Teen Pregnancy ↓
- Violence ↓
- Delinquency ↓
- Substance Abuse ↓
- School drop out ↓
- Mental health ↓



Positive Youth Outcomes

- Volunteerism
- Music & Performing Arts
- High School Graduation
- Enrollment in College



Main Sources:

- National Campaign to Prevent Teen Pregnancy 2005. Freeze Frame: A Snapshot of America's Teens
www.teenpregnancy.org
- American Psychological Association 2002. Developing Adolescents.
www.apa.org/pi/pii/develop.pdf
