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Chapter 15
- 2  **Question: What is "Adolescence"?**
 - *What age period do you think of when you hear the word "adolescence"? Decide when you think it begins and ends.*
 -
 - *What words or images come to your mind when you hear the word "teenager"? Make a list.*
- 3  **Adolescence**
 - Adolescence refers to the age period between childhood and adulthood.
 -
 - TWEENS: 10-12 years
 - TEENS: 13-18 years
 - EMERGING ADULTHOOD: 18-25 yrs
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- 4  **Assignment #**
 - Chapter 15 Activity: Adolescence Now and Then
 - Interview two different people.
 - What do you see as the main difference between the teenagers of today and when you were a teenager? What do you think of today's teenagers?
- 5  **Adolescence:**
A Developmental Transition
 - "Coming of Age" Markers
 - Adolescence
 - Developmental transition that involves physical, cognitive, emotional, and social changes and takes varying forms in different social, cultural, and economic settings
 - Onset of puberty
 - Process that leads to sexual maturation
- 6  **Adolescence:**
A Developmental Transition
 - Adolescence As a Social Construction
 - Adolescence is lasting longer
 - Puberty is starting earlier
 - Vocations occurs later
 - Less clear cut as in the past
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- 7  **Adolescence:**
A Developmental Transition
 - Adolescence: A Time of Risks and Opportunities
 - Risks
 - High death rates from accidents, homicide, and suicide
 - Drugs
 - Opportunities
 - Cognitive and social competence
 - Autonomy and self-esteem
 - Intimacy
- 8  **Puberty: The End of Childhood**
 - How Puberty Begins: Hormonal Changes
 - Rapid growth in height and weight
 - Changes in body proportions and form
 - Attainment of sexual maturity
 - Adrenarche: maturing of adrenal gland
 - Gonadarche: sex organ maturity

- 9  **Puberty: The End of Childhood**
 - Timing, Signs, and Sequence of Puberty and Sexual Maturity
 - Primary sex characteristics
 - Organs necessary for reproduction
 - Secondary sex characteristics
 - Physiological signs of sexual maturation
 - Breasts of females
 - Broad shoulders of males
- 10  **Puberty: The End of Childhood**
 - Timing, Signs, and Sequence of Puberty and Sexual Maturity
 - Signs of puberty
 - Breast tissue
 - Areolae enlarge
 - Pubic hair
 - Enlargement of testes
 - Voice deepens
- 11  **Puberty: The End of Childhood**
 - Timing, Signs, and Sequence of Puberty and Sexual Maturity
 - Adolescent growth spurt
 - Rapid increase in height, weight, and muscle and bone growth
 - Lasts about 2 years
 - Boys: entry about age 10 ½ and 16
 - Girls: changes shown between ages 9 ½ and 14
- 12  **Puberty: The End of Childhood**
 - Timing, Signs, and Sequence of Puberty and Sexual Maturity
 - Signs of sexual maturity: Sperm production and menstruation
 - Spermatarche
 - First ejaculation
 - Menarche
 - First menstruation
- 13  **Puberty: The End of Childhood**
 - Timing, Signs, and Sequence of Puberty and Sexual Maturity
 - Influences on timing of puberty
 - Secular trend
 - Pheromones
 - Odorous chemicals that attract mates
 - May delay or accelerate puberty
- 14  **Puberty: The End of Childhood**
 - Psychological Effects of Early and Late Maturation
 - Most boys like to mature early
 - Early maturers seems to gain in self-esteem but may have trouble meeting expectations
 - Late maturers may have more conflict and poorer social and coping skills
- 15  **The Adolescent Brain**
 - Two major changes in brain
 - Before birth and during infancy: growth and pruning of gray matter
 - Before puberty: production of gray matter, may be related to surge of sex hormones
 - Mainly in frontal lobes: affects reasoning ability, judgment, emotions, and impulse control

- 16  **The Adolescent Brain**
 - Changes in Brain Structures Affect...
 - Emotions
 - Judgment
 - Organization of behavior
 - Self-control
- 17  **Physical and Mental Health**
 - Health Problems and Health-Related Behaviors
 - Physical activity
 - Improves strength and endurance
 - Helps build healthy bone and muscles
 - Helps control weight
 - Reduces anxiety and stress
 - Increases self-esteem, school grades, and well-being
- 18  **Physical and Mental Health**
 - Sleep Needs
 - Sleep deprivation in adolescents is an epidemic
 - Deprivation can sap motivation and cause irritability; concentration in school can suffer
 - Melatonin secretion takes place later at night
 - Schools are out of sync with biological rhythms
- 19  **Make it Real: School Schedules**
 - A few high schools have experimented with later start (and end) times for the school day, with positive results.
 - Would you have liked this idea?
 - What problems might it have created for you?
- 20  **Physical and Mental Health: Body Image**
 - Adolescents report that their body image is the *most important* predictor of their self-esteem.
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 - Unfortunately, this can lead to eating disorders.
- 21  **Physical and Mental Health**
 - Obesity/Overweight
 - Girls need 2,200 calories per day; boys need 2,800
 - Overweight is 50 more prevalent in poor families
 - Overweight teenagers tend to be in poorer health than peers
 - Genetic and other factors do not influence lifestyle choices and willpower but can affect overweight susceptibility
- 22  **Physical and Mental Health**
 - Nutrition and Eating Disorders
 - Body image and eating disorders
 - Body image concerns linked to eating disorders
 - Girls more affected
 - Anorexia Nervosa
 - Bulimia Nervosa
 - Binge eating disorder
 - Treatments and outcomes
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- 23  **Physical and Mental Health**

- Use and Abuse of Drugs
 - Substance abuse
 - Harmful use of alcohol or other drugs
 - Substance dependence
 - Addiction
 - Physiological
 - Psychological
- 24  **Physical and Mental Health**
 - Use and Abuse of Drugs
 - Trends in drug use
 - 48 percent of U.S. adolescents have tried illicit drugs by the end of high school
 - Nonmedical use of prescription drugs
 - Abuse of nonprescription cough and cold medications
- 25  **Physical and Mental Health**
 - Use and Abuse of Drugs
 - Risk factors for drug abuse
 - "Difficult" temperament
 - Poor impulse control and sensation seeking
 - Family influences
 - Early and persistent behavior problems
 - Academic failure; lack of educational commitment
 - Peer rejection
 - Associating with drug users
 - Alienation and rebelliousness
 - Favorable attitudes toward drug use
 - Early initiation into drug use
- 26  **Physical and Mental Health**
 - Use and Abuse of Drugs
 - Alcohol
 - Potent, mind-altering drug with effects on physical, emotional, and social well-being
 - Marijuana
 - Most widely used illicit drug in the United States
 - Tobacco
 - Use has declined by one-third to one-half since mid-1990s
- 27  **Physical and Mental Health**
 - Use and Abuse of Drugs
 - Dangers of early initiation
 - Early commencement of a drug is linked to more frequent use and a greater tendency to abuse.
 - Average age for starting to drink is 13 to 14
- 28  **Physical and Mental Health**
 - Use and Abuse of Drugs
 - Influences on smoking and drinking
 - Peer influence
 - Use of substances in the media
 - Watching more than four hours of television per day increased the prevalence of smoking 5 to 6 times compared to those who watched less than two hours of television per day
- 29  **Make it Real: Drug Use**
 - What was the atmosphere regarding drug use at your high school, or in your

neighborhood?

30  **Physical and Mental Health**

- Depression
 - May appear as irritability, boredom, or inability to experience pleasure
 - Risk factors
 - Gender, anxiety, fear of social contact, stressful life events, chronic illness, parent-child conflict, abuse or neglect, alcohol and drug use, sexual activity, and genetics

31  **Physical and Mental Health**

- Death in Adolescence
 - Motor vehicle collisions are the leading cause of death among U.S. teenagers
 - Firearm-related deaths of 15 to 19-year-olds (suicide, homicide, accidents) occur more in U.S. than in other industrialized countries
 - Ready availability of guns in the home is a major factor in teenage suicide

32  **Physical and Mental Health**

- Death in Adolescence
 - Suicide
 - Adolescent boys are 6 times more likely to commit suicide than girls
 - Native American boys, homosexual and bisexual youth are at the highest risk
 - African American girls: lowest rates
 - History of emotional illness
 - Neurocognitive deficits in executive function found in postmortem studies

33  **Physical and Mental Health**

- Protective Factors: Health in Context
 - Perceptions of connectedness to others
 - Parents' spending time with and being available
 - Sense that parents and teachers are warm and caring and have high expectations for achievement