



# POSITIVE ADOLESCENT DEVELOPMENT AND PREVENTING SUBSTANCE USE

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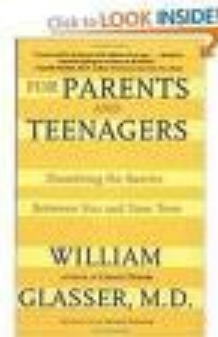
# Why Are We Here?

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- To discuss normal adolescent development
- To discuss threats to normal development
- To ask questions!

# How do parents learn about teen development?

Google™



# Adolescent Development

- What's Normal? What's Not?



# Goals of Adolescence:

Emancipation/Surrender  
of Childhood

A light blue downward-pointing arrow indicating a flow from the first goal to the second.

Identity Formation

A light blue downward-pointing arrow indicating a flow from the second goal to the third.

Functional Role in Society

# Identity Formation Includes:

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Sexuality

Intellect

Morality

Spirituality

Ethnicity

# Stages of Adolescence

- Accomplishing the goals of adolescence occurs in stages:
  - Early
  - Middle
  - Late

# Early Adolescence – Age 10-14

- Beginning of puberty
- Starting to separate from parents/family
- Increased emphasis on same-sex peers
- Still concrete thinkers with limited ability to perceive
- future consequences of their actions
- Preoccupied with their own bodies. They may start to have crushes (especially on idolized adults) and may even initiate sexual activity

# Middle Adolescence – Age 14-17

- Pubertal changes are ending
- There is increased independence and conflict with parents/family
- This is the peak of peer conformity
- They can imagine consequences of actions, but still do not fully understand them so they experiment. Often this means engaging in high risk behaviors (sex, substance use, driving)
- They start to have more intense romantic relationships

# Late Adolescence – Age 17 and up

- Beginning to take more responsibility of their health
- Have a more clearly defined body image and gender role
- Often they've now reaccepted some parental values
- Decreased emphasis on peer conformity
- They can now think more abstractly and start to better understand other people's thoughts and feelings. This leads to decreased risky behaviors
- In relationships there is more emphasis on support and intimacy
- This is also the time of emphasis on vocational or educational goals

# Threats to Adolescent Development:



Family: Violence, Abuse, Addiction, indifferent or permissive parenting



Exploitation



*Psychiatric/psychological threats*



Substance Abuse

# Psychiatric/Psychological Threats

- depression
  - - suicide
  - - eating disorders
  - - self harm behaviors (cutting, burning)
  - - other mental illness

# Age of Consent in WA

- In WA state youth of special ages can seek care for certain things without a parent
  - Mental Health treatment: 13 years
  - Alcohol and drug treatment: 13 years
  - Sexually transmitted disease/HIV testing: 14 years
  - Reproductive health: no age limit

# Stats on WA Teens

## Depression

- >25% of 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders reported feeling so sad almost everyday that they stopped their usual activities

## Drug and Alcohol

- ~1/2 of 8<sup>th</sup> graders report taking a sip of alcohol vs 75% of 12<sup>th</sup> graders
- ~3% 6<sup>th</sup> graders have used MJ vs 50% of 12<sup>th</sup> graders

## Tobacco

- In WA, 55 kids start smoking daily
- ~ 1 in 4 12<sup>th</sup> graders say they smoked in the past month

# What Can Parents Do?

- Set a good example
- Talk with your teen!
  - ▣ Start early
  - ▣ Show you care – discuss feelings and listen
  - ▣ Raise the subject
  - ▣ Talk with the parents of their friends

# Questions?

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# Resources for Parents

- [www.washington.edu/admin/hr/worklife/parenting\\_teens.html](http://www.washington.edu/admin/hr/worklife/parenting_teens.html)
- [www.kidshealth.org](http://www.kidshealth.org)
- [www.al-anon.org](http://www.al-anon.org) 1-888-4AL-ANON
- Youth Suicide Prevention [www.yspp.org](http://www.yspp.org)

# Co-occurring threats

## Mental Health Issues

- Disruptive Behavior Disorders: Conduct Disorder and Oppositional Defiant Disorder (ODD)
- Major Depression
- Bipolar Disorder (Manic-Depressive)
- Anxiety Disorders
- Attention Deficit Hyperactivity Disorder (ADHD)
- Eating Disorders

# Co-occurring threats continued

## Physical Health Issues

- Sleep Disorder
- Asthma
- Diabetes
- Chronic Pain Syndromes
- Sexually Transmitted Infections