

Adolescent Development: What's Normal, What's Not

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Adolescent Development

- Cultural Aspects
- Predictable changes
- Stages of development



Puberty

- The biological process that results in the physical transformation of a child into a reproductively mature adult



When does puberty begin?

- Approximately 7-9 years of age in girls

Invisible

- Uterus size increases
- Estrogen levels begin to increase
- Growth hormone begins to increase
- Hormones leading to underarm and pubic hair growth increase

When does puberty begin?

- * Girls 8-11 years of age

Visible Changes

- * Breast development
- * Pubic and underarm hair
- * Height spurt
- * Menarche may occur
- * Night-time surges of the growth hormone

When does puberty begin?

- * Boys 7-9 years of age

Invisible

- * Growth Hormone begins to increase
- * Hormones leading to pubic and underarm hair increase
- * testicle size begins to increase even before testosterone increases

When does puberty begin?

- * Boys 11-12 years of age

Visible changes

- * Testicular growth and penile growth
- * Night-time surges of growth hormone
- * Growth spurt lags behind female growth spurt by as much as two years

Growth Spurt

- Average amount of growth:

Girls

23-28cm (9-11in)

Boys

26-28cm(10-11in)

Males are taller on average because of a 2 year delay in bone closure
2-3cm more than females



Not just sexual maturation and linear growth....

- Peak weight gain is 6-9 mo after peak height gain
- Growth velocities increase faster in spring and summer
- Early and late maturers reach the same average final height and weight

Delayed Puberty

- Females reaching the age of 13yrs without ANY signs of sexual maturation
- Males reaching the age of 14yrs without ANY signs of sexual maturation

Tasks of Adolescence

- Emancipation/surrender of childhood
- Identity formation: sexual
intellectual
moral
spiritual
ethnic
- Functional role in society

Pre-Adolescent Development

- Physical appearance is pre-pubertal
- 45 minute attention span maximum
- A low physical and mental investment in sexuality
- Collecting of information and myths about sexuality from friends, school and family is common

Early Adolescence 10-14 years

- Physical Maturation starts
- Preoccupation with body changes
- extreme concern about their comparison to peers
- concrete thought dominant



Early Adolescent Development

- No perception of long range implications of actions



Early Adolescence 10-14years

- Independence - dependence boundaries
- Peers begin to be important
- Limited dating intimacy
- Sexual fantasies are common
- Masturbation



Parenting Adolescents

The Early Adolescent 11-14years

- * Reassure your son/daughter that people grow at their own pace and changes are normal
- * Do not tease your teen about pubertal changes
- * Choose your battles!



Parenting Adolescents

- * Communication
- * Clear expectations and limits
- * Trust and respect
- * Interest and concern in the teens life

- * BE THE PARENT, NOT THE FRIEND!!!!

Parenting Adolescents

- * Gradually let your teen make decisions
- * If you see a change in behavior try finding out what the problem is
- * Don't isolate yourself, talk with other teen parents

Middle Adolescence 14-17 years

- Reestablishes body image as growth slows
- Gaining abstract thought
- variable consideration of cause and effect
- omnipotence



Middle Adolescent Development

- Variable perception of long range consequences
- Development of sense of omnipotence
- Conflicts over control

Middle Adolescent Development

- Peer group defines behavior code
- Needs strong identification to affirm self-image
- Heightened sexuality and sexual activity

Middle Adolescent Sexual Development

- Full physical maturation is attained
- Sexual energy is at a high level, with more emphasis on physical contact
- Sexual behavior is of an exploring and exploiting nature



Middle Adolescent Sexual Development

- Dating and petting are common
- Casual relationships with both non-coital and coital contact are prevalent
- Denial of consequences of sexual behavior is typical

Parenting Adolescents

- Middle Adolescent Years (14-17 years)
 - * Pulling away, wanting more privacy is normal...don't take it personally
 - * Still have limits, rules and privileges---they count on you for this..base on maturity not age
 - * negotiate the rules, discuss consequences
 - * encourage financial responsibility

Parenting Adolescents

Middle continued:

- * Continue to encourage school achievement and healthy risk-taking
- * Deal with any problems you uncover right away....don't miss a call for help with your teen
- * Continue to be open to discussions dealing with relationships, drugs and moods.



Late Adolescent Development

Late Adolescent Years – 17-21years

- Emancipation completed
- Intellectual and functional identity established
- Established abstract thought and future thinking

Late Adolescence cont.

- Established new role in family as adult
- Individual relationships more important
- Stable romantic relationships
- Intimacy with commitment
- Defining role in society



Late Adolescent Sexual Development

- Full physical and socio-legal maturation
- Sexual behavior becomes more expressive and less exploitative
- Intimate sharing relationships may develop

Parenting Adolescents

Late Adolescence (17-21 years)

- * Encourage the refinement of practical, realistic, vocational goals
- * Assist in moving adolescent toward financial independence
- * Parental advice may become more in demand as the young adult shows more appreciation for parent's values
- * Be supportive as the young adult moves into new more independent roles

Threats to Adolescent Development



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 harmful behaviors
(cutting, burning)
- other mental illness



Happiness is a young teenager in the family

- Teens who perceive greater attachment to their parents report less depression and social anxiety
- Early maturing girls are more likely to be subject to more rules and curfews than boys and later maturing girls

Happiness is a young teenager in the family

Trends in families with teens:

- Many teen parents have an aging parent and a teenager to care for at the same time
- Fathers tend to be less physically affectionate with their teen daughters after puberty
- After pubertal height spurt, hierarchy can change to dad then son, instead of mom

Parenting Adolescents

Universal Adolescent Don'ts :

How could you feel that way??

You're Wrong

Don't bother me now

Is that all, I thought it was something
important

In my day....

How could you do this to me?

You're stupid... Crazy.... incompetent....

Parenting Adolescents

Don'ts Continued:

- * minimize a problem
- * lecture or moralize
- * excessive talking
- * take over a teen's problem
- * overreact based on dress or language
- * compare to other teenagers
- * take everything too seriously

Direct & Indirect Communication

- Direct- "I really appreciate the way you help out around the house, it makes me feel good."
- Indirect- "You are doing great."

Direct & Indirect Communication

- Indirect- "Can't you ever get home on time?"
- Direct- "It makes me mad when we have plans and you are late. I wish you would call me if you are going to be late."

Direct & Indirect Communication

- Indirect: "How fast are we driving?"
- Direct: "I don't know how fast we are driving, but I'm scared right now and wish you would slow down."

Direct & Indirect Communication

- Indirect: "How would you like to play golf?"
- Direct: " I would like to go golfing."

- Indirect: "What time is it?"
- Direct: "I'm tired and want to go home."

"I" statements

- These statements are not aggressive, they are not absolute, they are based on your *perceptions*, your *feelings*, they *do not blame the other!!*
- "This is what's going on for me...."
"This is my experience, perception of this event..."

"I" statements

- Not blaming: "You are wrecking our family"
- Not generalizing: "you're always late"
- We are seeking to 'disrupt' patterns of relating by trying something new, positive, to move the relationship out of its fixed place, cycle, or rut.

Problem Focused "I" statements

- Start with "I" -take responsibility by not blaming other
- Direct expression of your feeling
- Include behavioral description of desire

Problem Focused "I" statements

"I am frustrated when you say you will do your chores and then don't do them. I would like it if you would tell me what is going on so we can figure this out."

Positive "I" Statements

- "I feel really happy when you help your sister with her chores."
- "I want to let you know that I feel really good about how you have been doing in school this term."

Positive “I” Statements

- “I really appreciate your coming home on time last night, it makes me feel confident and trusting in you.”