

Chapter 9: Adolescence

Body & Mind

Puberty

- Rapid growth, sexual maturation
- External: physical – height, weight
 - Esp. girls, body fat
- Internal: hormones (emotions, sexual desires)
- ~ 8 – 14 years of age

Early Puberty

- Girls
 - ↓ Self-esteem, poorer body image, ↑ dep.
 - Tend to have older boyfriends (gain status)
 - Risks: ↑ drugs, alcohol use, eating disorders, relational bullying
 - Attract unwanted attention
- Boys
 - ↑ Aggressive, law-breaking, alcohol use
 - If early and quick, ↑ dep. (appear as ‘anger’)
 - ↑ Anxiety, afraid of sex than peers

Nutrition

- Diet deficiencies: iron, calcium, zinc, others dec. after puberty
 - 3 - 4 servings of calcium products
- *Anemia*: insufficient iron, esp. girls
 - Periods also deplete iron
- Coffee, tea, pop reduce iron absorption
- *Body image*: *idea* of how one looks

Eating Disorders

- *Anorexia*: severe calorie intake, also bingeing
 - Sign. low body weight for age
 - Intense fear of weight gain
 - Disturbed body perception, denial of problem
- *Bulimia*: binge-purge syndrome
 - Overeat compulsively (tons of calories)
 - Excessive exercise
 - Close to body weight
 - Bingeing, purging once/wk for 3 mon
 - Uncontrollable urge to eat
 - Sense of self = body shape, weight

Cognition

- *Adolescent egocentrism*: think about self and what others think about them
- *Imaginary audience*: center stage!
- *Personal fable*: only me ☹
- *Invincibility fable*: superman!

Piaget: Formal Operations

- Abstractions!
- Balancing weights: take into consideration more solutions, systematic
- Hypothetical thought: If-then
- Deductive reasoning
 - Deduct = make smaller, minus
 - Top-down reasoning (like a funnel)
 - Start with abstract: grad school
 - Deduce: what to do to get there
- Inductive reasoning
 - Bottom-up
 - Experiences, schooling....grad school?

**Motivation:
Approach to Intelligence**

- Entity
 - “One thing”
 - Fixed amount, one’s ability
- Incremental
 - Adding to X (e.g., incremental steps)
 - Effort!
 - Able to add to existing ability, knowledge
 - Mastery motivation

Chapter 10: Adolescence

Psychosocial Development

Identity Factors

- Changes
- Age (11-19)
 - Physical, cognitive, self-definition
 - Social changes such as family life, migration
- Complexity

Defining Identity

- Essence possessed by a person, place, or group
- Linked to well-being and functioning
- Adolescence is a critical time period
- Puberty
- Cultural pressures and expectations

**Erikson:
Identity vs. Role Confusion**

- Reconsider one’s values and beliefs of parents, culture to their own
- What to reject? What to keep?
- Marcia: how to cope with identity
 - *Role confusion/diffusion*: no commitment
 - *Foreclosure*: no choice, parents/culture chose X
 - *Moratorium*: “time out,” postpone identity
 - Going to U to explore
 - *Role achievement*: understand who you are

Arenas of Identity Formation

- Erikson: 4 arenas of identity
 - Religious
 - Political
 - Vocational
 - Gender
- Ethnicity

Religious Identity

- > 80% of world: Judaism, Christianity, Islam, Hinduism, Buddhism
- Traditional holidays and celebrations
- Ways of life in everyday activities
 - Praying before you eat
 - Golden rule
 - Dress attire

Political Identity

- Liberals: PM Justin Trudeau
- Adolescent involvement in politics is linked to country
- Malala Yousafzai, July 12, 1997, Pakistan
 - Attended school that her father founded
 - After the Taliban attacked the girls' school, she gave a speech, How dare the Taliban take away my basic right to education?
 - Oct. 9, 2012, she was shot in the head and survived
 - Advocated for the rights of girls' education and received a Nobel Peace Prize at age 17

Radicalization



Extremism

- Being part of the defining historical moment as a socio-economic game changer
- Internet plays a logistical role to mobilize youth as a resource for ulterior motives

Radicalization/Extremism

- Why do young people voluntarily join ISIS?
- Loneliness/isolation
- Difficulty to fit in, sense of belongingness
- Trauma: family, region, war, genocide
- Oppression
- Racism, discrimination
- Inequality
- Stereotyping, stigmatization

Vocational Identity

- Career/employment
- What are you going to do after education?
- Education is more meaningful if you know that what you're learning is needed
- Volunteer? Jobs? Shadowing?

Gender Identity

- Gender is socially constructed, cultural and social attributes
- Movies: Carol, The Danish Girl
- Media: roles of women and men?

Berry: Ethnic Identity

- Native (birth) country, host (new) country
- If you had to immigrate to Spain, what parts of your culture will you keep? Spain's culture?
- *Integrated*: both
- *Separated*: native
- *National*: host
- *Diffuse/Marginalized*: neither

Berry: Ethnic Identity

	Hi	Native
Separated		Integrated
Host		Hi
Diffused		National

Social Relationships: Parents

- Relationship with parents affects development
- Bickering: repeated, petty arguments, usually on daily events
 - Routine like chores, room, schedules
- Why?
 - Personal freedom
- Closeness with parents means:
 - Communication
 - Support
 - Connectedness
 - Control

Social Relationships: Peers

- Peer pressure
- Deviancy training
- Crowds and cliques
 - Select and facilitate, choose and are chosen

Let's Talk About Sex!

- What were you told?
- Myths?
- Where did you learn about sex?
- Effective?

Sexual Interactions

- Less teen births
- Greater use of protection
- Less teen abortions
- Sexual intercourse: generally stable in Canada
 - 15 – 17 yrs: ~ 30%
 - 18 – 19 yrs: ~ 70%

Some Canadian Stats ☺

- Over 11,000 youth
- “Have you ever had sexual intercourse?”
- 2009/10: 15 – 17 yrs: 30%
: 18 – 19 yrs: 68%
- Oral sex (1992, 2002/3)
 - Gr. 9 boys: 27%, 32%
 - Gr. 9 girls: 21%, 28%
 - Gr. 11 boys: 48%, 53%
 - Gr. 11 girls: 47%, 52%

Links with Early Sexual Activity

- Poor coping strategies
- Emotional and mental health
- Also at risk for risky behaviours (smoking, drinking, drugs)
- Lack of parental communication, closeness, poor role modeling
- Peer groups and their sense of belonging
- Does your child feel “integrated” in the group?
- Lack of belonging can increase physical (e.g., eating disorders) and emotional problems

Romance: The Formula ☺

- From childhood to adol:
- Groups of friends, usually one sex
- Loose interactions of boys and girls, public interactions within a crowd
- Small mixed-sex groups
- Formation of couples
- Culturally, each step may differ in time, but sequence is similar
- Same-sex: culture role!
 - Sexual orientation can be strong, weak, acted upon, secretive....
 - The Imitation Game

Self-Esteem

- ↓ S-e cross-culturally and in both genders
- Lower:
 - Girls > boys
 - Asian-Americans > African-Americans
 - Younger > older youth
- What factors can affect s-e?

Influencing Factors on Self-Esteem
<ul style="list-style-type: none"> • Closeness to parents • Supportive and close friendships • Lack of friends: higher levels of loneliness

Depression
<ul style="list-style-type: none"> • 15-18 year olds: ~ 8% lifetime <ul style="list-style-type: none"> • Females (11%) > males (4%) • Potential factors <ul style="list-style-type: none"> • Parent-adolescent relationships • <i>Rumination</i>: repetitive thinking about x • <i>Co-rumination</i>: excessive talking about <i>and</i> focus on negative events within a relationship • Expressed via <ul style="list-style-type: none"> • Eating disorders • Self-injury

Non-Suicidal Self-Injury
<ul style="list-style-type: none"> • <i>Deliberate</i> destruction to the body in the absence of suicidal intent • Youth and young adults: 14 – 21% • Various forms <ul style="list-style-type: none"> • Cutting • Burning • Embedding

Suicide
<ul style="list-style-type: none"> • Suicidal ideation • Self-injury → parasuicide • <i>Parasuicide</i>: failed attempt <ul style="list-style-type: none"> • Common for females • <i>Completed suicide</i>: death <ul style="list-style-type: none"> • Higher for males • Why?

Suicide
<ul style="list-style-type: none"> • 15-19 year olds (2009): 23% • ↑ Risk from low-income families • Higher rate <ul style="list-style-type: none"> • Gay youth who were rejected by family • Aboriginal youths (5-7x higher) • Susceptibility to cluster suicides

Recognizing Suicidal Behaviours
<ul style="list-style-type: none"> • Threats of suicide (action, verbal) • Preoccupation with death • Change in eating/sleeping habits • Loss of interests • Marked changes in personality • Persistent feelings of gloom, helplessness • Giving away belongings

Negative Behaviours

- Internalizing behaviour
 - Depression
 - Anxiety
 - Withdrawal
- Externalizing behaviour
 - Delinquency
 - Aggression
- How do these behaviours connect?

Terminology: Delinquency

- What was your earliest age when you engaged in delinquency?
- Were you delinquent in high school?
- *Life-course-persistent offender*: before, after, and during adol
- *Adolescence-limited offender*: during adol

Causes of Delinquency

- Life-course-persistent offender
 - “Brain-based”
 - Slow language development
 - Inadequate emotional regulation
 - Malnutrition
- Adolescence-limited offender
 - Delinquent peers
 - Differential parental treatment
 - Drug and alcohol abuse

Prevention

- Common pathways
 - Running away from home
 - Shoplifting as a gateway
 - Bullying
- Interventions
 - Early family/parent training programs
 - Educational attainment
 - Employment stability

Drug Use & Abuse

- Use of cannabis: 15-24 yrs > 25+ yrs
 - 5x higher for drugs such as cocaine, ecstasy, and heroin
- Use before 18, later abuse
- Inhalants used more by younger adolescents
- Boys > girls (drugs, smoking, marijuana)

Consequences of Drug Use

- Addiction and brain damage
- Tobacco impairs development and growth
- Marijuana smoking
 - Dropping out of school
 - Teenage parents
 - Unemployment
 - Affects memory, language proficiency, motivation

Drug Prevention

- Parents' role
 - Forbidding smoking in the home
 - Mindful drinkers
 - Conversations about drinking
- Brief interventions (Bis)
- Family-based treatment
- Individual and group cognitive-behavioural therapy