Adolescent Development Explained: Becoming an Adult

Webinar
Monday, September 9, 2019
Welcome

• Diane Foley, M.D., FAAP, Deputy Assistant Secretary, Office of Population Affairs

• Expert speakers:
  ▪ Beth Marshall, Dr.PH., associate director of the Center for Adolescent Health and assistant scientist in the Department of Population, Family, and Reproductive Health at Johns Hopkins University Bloomberg School of Health
  ▪ Seth Ammerman, M.D., adolescent medicine & addiction medicine specialist at the Alliance Medical Center, Healdsburg, CA; retired clinical professor at Stanford University and founder of the Mobile Adolescent Health Services (Teen Health Van Program) at Lucile Packard Children’s Hospital Stanford
Adolescent Development Explained

- Adolescence is a time of enormous transition.

- This resource discusses changes that are normal and necessary in adolescence, different ways adolescents experience these changes, and how adults can support healthy development.

- It builds on *The Teen Years Explained: A Guide to Healthy Adolescent Development*, developed by the Center for Adolescent Health at the Johns Hopkins Bloomberg School of Public Health.
Pre-Webinar Question: What questions do you have about the changes in the bodies and minds of adolescents?
SECTION 1: The Transition to Adulthood

• Adolescence is a time of transition to adulthood and a period of potential.

• Adolescents typically grow physically, try new activities, begin to think more critically, and develop more varied and complex relationships.
Physical & Cognitive Development

- The five areas of adolescent development overlap and intersect, but physical and cognitive changes can especially influence variances in other areas.
SECTION 2: Changes in the Body

• Puberty is a process that stems from release of certain hormones and may lead to some clear differences. Timing and order of changes varies, and some adolescents may feel embarrassed.
Factors that Contribute to the Timing of Physical Changes

- GENES
- EXERCISE BEFORE AND DURING ADOLESCENCE
- CHRONIC ILLNESS
- SUBSTANCE USE
- DEVELOPMENT IN OTHER AREAS
SECTION 3: Changes in How the Brain Functions

- The brain grows new brain cells, prunes excessive growth, and strengthens connections between brain cells.
- This creates advantages such as enhanced learning, abstract thinking, advanced reasoning, and metacognition.
Factors that Affect Changes in the Brain

- Learning style
- Disabilities
- Mental health disorders
- One of the biggest challenges: an increase in risk-taking.
SECTION 4: How Parents and Caring Adults Can Help

Support healthy physical development

• Let adolescents know what they are going through is normal.
• Encourage adolescents to have a positive view of their bodies.
• Show adolescents how to discuss and maintain optimal health.
• Encourage healthy habits that can help adolescents get enough sleep.
• Teach adolescents to avoid drugs.
• Help adolescents eat well.
• Model active and healthy behaviors for adolescents.
How Parents and Caring Adults Can Help cont.

Support healthy cognitive development:
• Ask open-ended questions on complex issues.
• Provide more learning opportunities that entail healthy risks.
• Help adolescents consider consequences of actions.
• Encourage healthy habits that can help adolescents get enough sleep.
• Seek out opportunities for teens to engage as learners.
• Support adolescents with learning disabilities.
• Promote injury prevention.
Questions?

For more information about Adolescent Development Explained: https://www.hhs.gov/ash/oah/adolescent-development/explained/index.html