

Activity

Interdependence

Autonomy Attachment

CHANGE

WHAT ARE SOME COMMON PARENT CONCERNS ABOUT ADOLESCENCE?

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WHAT'S GOING ON?

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TRUE OR FALSE

- Adolescence occurs from age 13-18
- Physiological changes begin at the same age for all children
- Puberty begins in the brain

☐☐☐

CHANGES IN PHYSIOLOGY

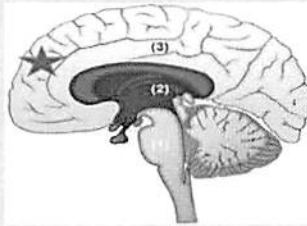
- Changes in Height and Weight
- Primary and Secondary Sex Characteristics
(both result from hormonal changes triggered by the endocrine system)
- Body Image



TRUE OR FALSE

- Fluctuations in brain chemicals alter teens' sleep patterns and create heightened sensitivity in the reward system of the brain
- Teens are more ruled by emotion than by logic
- Hormones are primarily to blame for the inexplicable behavior of teens

Meet the Amazing Teenage Brain!



MAJOR CONSTRUCTION AREA

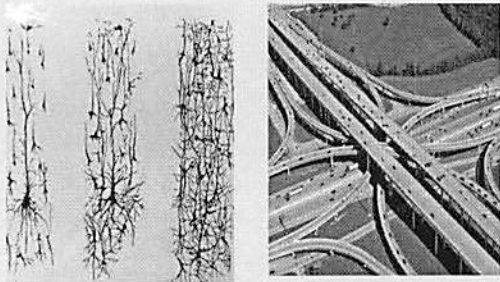
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FROM GENERALIST TO SPECIALIST



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A LOOK INSIDE



HOW DOES REMODELING OCCUR?

Pruning



Myelination



WHY IS THIS IMPORTANT?



KEEPING YOUR TEEN'S BRAIN & BODY HEALTHY

- Sleep
- Physical Activity
- Diet
- Screen time

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INTRODUCING.....



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IDENTITY DEVELOPMENT

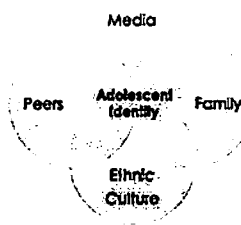


ACTIVITY

- I am a (mother, father, grandparent, caregiver, foster parent)
- My marital status is _____
- My ethnic or cultural affiliation is _____
- My career is _____
- My political orientation is _____
- My spiritual affiliation is _____
- My personality is _____
- My interests include _____

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THE CONTEXT OF IDENTITY DEVELOPMENT

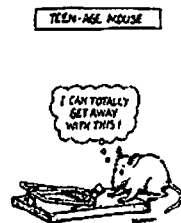


- Development of Abstract Thought
- Imaginary Audience
- Over Differentiation

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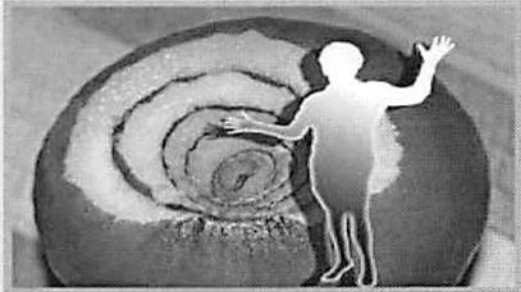
IDENTITY

- Sexual
- Racial /Cultural
- Religious/Spiritual
- Gender

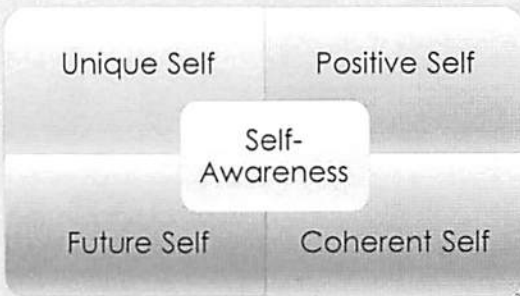


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WHAT'S YOUR ROLE?



DEVELOPING A HEALTHY SENSE OF SELF



REVIEW

Today we have :

- Reviewed changes in teens' neuroanatomy and physiology
- Discussed how these changes influence behavior
- Described the important developmental task of identity formation

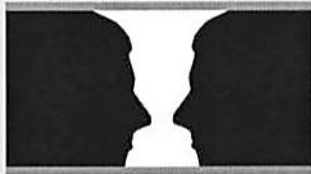
QUESTIONS/DISCUSSION



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NEW PERSPECTIVE?

We hope that you leave today with an alternative perspective of this challenging developmental stage.



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LOOKING AHEAD

Upcoming workshops will cover protective factors that support healthy adolescent development;

- Communicating with Your Teen
- Motivation and your Teen
- Social Media: What Parents Need to Know
- Parent Self-Care

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