



Adolescents (12-20 years)

By: Chloe Amos, Kathryn Kelly, Madison Pribble, Kayla Oberfeld, Isabel Rosche & Anna Schmied

Physical Development

- ★ Adolescents go through puberty
- ★ The final 20%-25% of height is achieved during this stage of development
- ★ Acne is common
- ★ Girls:
 - Menarche (first menstrual cycle)
 - Stop growing approximately 2-2 ½ years after onset of menarche
 - Grow 2-8 inches
 - Gain 15-55 pounds
- ★ Boys:
 - Stop growing around 18-20 years of age
 - Grow 4-12 inches
 - Gain 15-66 pounds

★ Sexual Maturation

★ Boys:

- Testicular enlargement
- Pubic & armpit hair growth
- Facial hair
- Vocal changes

★ Girls:

- Breast development
- Pubic & armpit hair growth
- Menstruation



Motor Skill Development

- Gross and fine motor skills improve continuously throughout adolescence
- Able to do more complex and strenuous activities than before
- Increased coordination, physical strength, and endurance
- Better judgement of distance
- Participation in sports



Age Appropriate Activities

- Physical activity- 60 mins per day
 - Team sports
 - Chores- walking the dog, mowing the lawn, washing the car
 - Riding bikes, skateboarding, roller skating
- Non-violent video games or computer games
- Reading
- Playing instruments or listening to music
- Social activities
 - Movies with friends
 - School dances
 - School clubs



Nutrition



- ❖ Time of rapid growth and high metabolism → increase in quality nutrients
- ❖ Additional need for calcium, iron, protein, and zinc
- ❖ Identify nutritional issues through yearly assessments of height, weight, and BMI for age
- ❖ Concerns: overweight and obesity rates, anorexia, bulimia
 - Unhealthy dieting to lose weight

- ❖ Grains
 - Girls: 6 ounces/day
 - Boys: 8 ounces/day
 - Whole wheat, brown rice, oatmeal
- ❖ Vegetables
 - Girls: 2.5 cups/day
 - Boys: 3 cups/day
 - Dark, leafy green, red, and orange
- ❖ Fruit
 - Girls: 1.5 cups/day
 - Boys: 2 cups/day
 - Fresh, canned, frozen, dried
- ❖ Protein
 - Girls: 5 ounces/day
 - Boys: 6.5 ounces/day
 - Low fat or lean meats
 - Fish, nuts, seeds, beans, peas
- ❖ Dairy
 - Girls: 3 cups/day
 - Boys: 3 cups/day
 - Fat free or low fat and high in calcium

Nutrition: Healthy Eating

❖ Education

- 3 balanced meals a day with healthy snacks
 - Include foods from all food groups
- Increase fiber
 - Beans, broccoli, avocados, whole grains
- Decrease sodium to less than 2,300mg/day
- Drink water
 - 8-11 cups/day
- Bake, broil, roast, or grill instead of fry
- Add tomato or spinach to sandwiches to get more vegetables
- Eat high protein foods
 - Turkey, chicken, seafood, egg whites, beans, nuts, tofu

❖ Calorie Intake: (moderately active)

- Girls: 2000-2200
- Boys: 2200-2800
- May increase or decrease depending on activity level
- Increases with age through adolescence



Cognitive Development



Piaget: formal operational

Age 12 Through Adulthood
Children begin to think abstractly and can form hypothetical ideas.

A person with dark hair, wearing a pink shirt, is standing in front of a chalkboard, writing mathematical formulas. The chalkboard contains the quadratic formula, a specific example of a quadratic equation, and its derivation.
$$\frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$
$$18 - 4x = 5x$$
$$18 = 9x$$
$$x = -\frac{b}{2a} \pm \frac{\sqrt{b^2 - 4ac}}{2a}$$
$$x^2 + \frac{b}{a}x + \left(\frac{b}{2a}\right)^2 = -\frac{c}{a} + \left(\frac{b}{2a}\right)^2$$
$$\left(x + \frac{b}{2a}\right)^2 = -\frac{c}{a} + \frac{b^2}{4a^2}$$

- ❖ Last of Jean Piaget's stages of cognitive development
- ❖ Capable of evaluating quality of their own thinking
- ❖ Attention span increases
- ❖ Use of formal logic rather than concrete thinking
 - Ability to use abstract reasoning
- ❖ Begin to think carefully before they act

Cognitive development

Early adolescence

- Ages 12-14
- Beginning to use formal logic in schoolwork
- Starts to voice own thoughts on different topics
- Questions authority and societal standards

Middle adolescence

- Ages 15-17
- Analyzes and questions more extensively
- Begins to think long-term
- Systematic thinking and formation of personal code of ethics: "What do I think is right?"

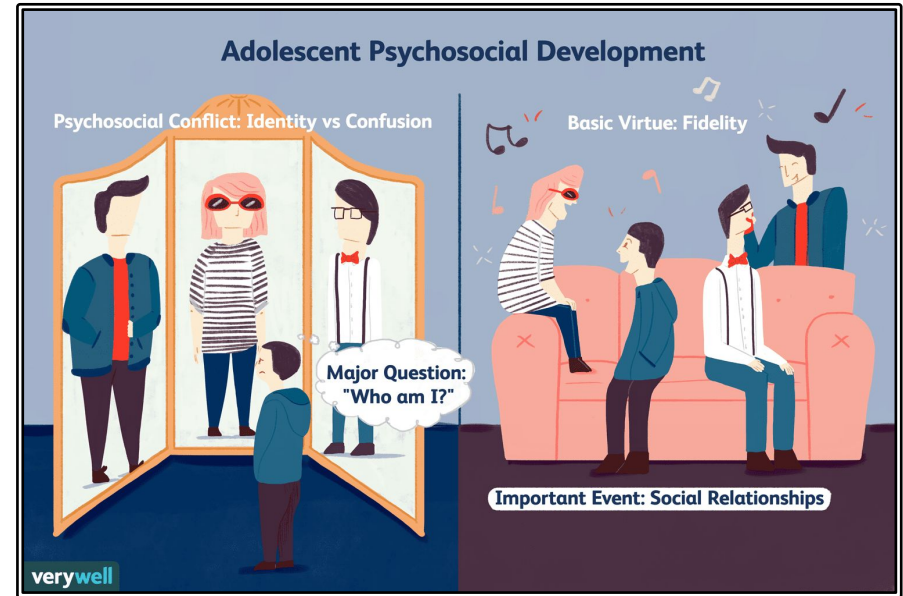
Late adolescence

- Ages 18-20
- Thinking about emerging role in adult society
- Idealistic views on specific concerns
- Career decisions become an important topic of conversation

Psychosocial Development

Erikson's Identity vs role confusion

- Fifth stage
- Process of adolescents trying a variety of roles to find their own unique one
- Social relationships
- Formation of beliefs, values, and purpose occur in this phase
- "Who am I?"



Psychosocial Development

Role Confusion: Kids are not allowed to explore and test out different identities

Results in :

- Drifting from one job or relationship to another
- Feeling disappointed and confused about your purpose
- Lack of confidence
- Inability to commit
- Worse mental health

Pertinent Parental Role

- Creating a trustworthy atmosphere
- Mutually respecting the adolescent
- Provide safe boundaries for your adolescent to try new things

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- **Early Adolescence**– begins to use formal logic, voice own opinions, and question authority
- **Middle Adolescence**– analyzes more extensively, begins to think longterm, and begins using personal code of ethics
- **Late Adolescence**– begins to think about their adult role in society & career decisions became a huge concern



References

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