

Ages and Stages of Young Early and Early Adolescent Development

Project HOPE

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Gratitude

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Goals

- Identify characteristics of typical adolescent development
- Recognize developmentally appropriate strategies to promote youth development



Adolescence

- Developmental transition from child to adult¹
 - Adolescence varies by culture
 - Critical period of development
 - Adolescent behavior sets stage for adult behaviors
- Socially constructed:
 - 1920's kids were educated to age 14 and then went into the workforce
 - 1925: child labor laws; extended education and increased jobs for adults

¹See review by Meschke, L. L., Peter, C. R., & Bartholomae, S. (2011). Developmentally Appropriate Practice to Promote Healthy Adolescent Development: Integrating Research and Practice. *Child & Youth Care Forum*, 41(1), 89–108. doi: 10.1007/s10566-011-9153-7

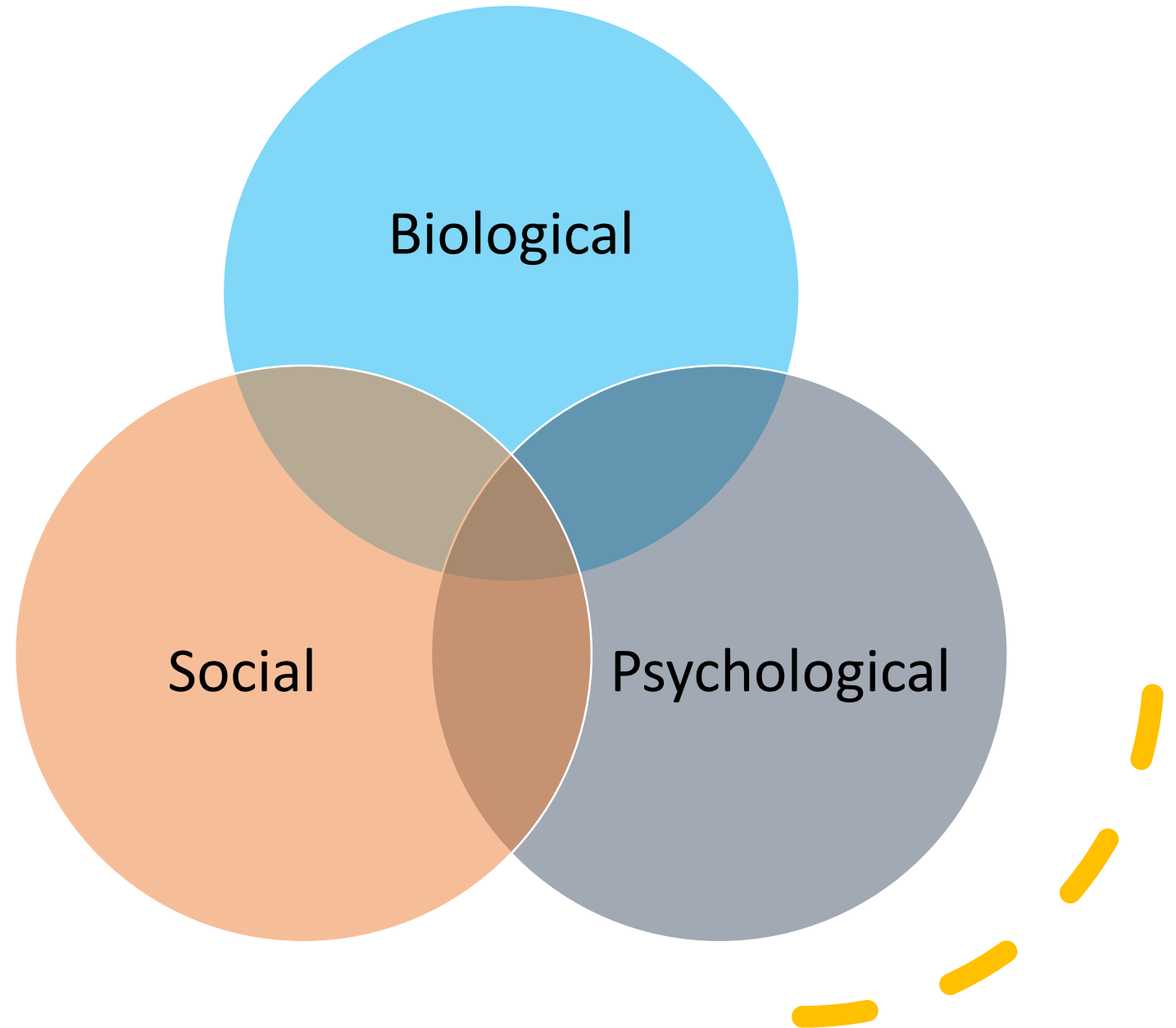
Doesn't Occur
Over Night!

- Young early adolescents 9 - 11 years
- Early adolescents 12 - 14 years
- Middle adolescents 15 - 17 years
- Late adolescents 18 - 19 years

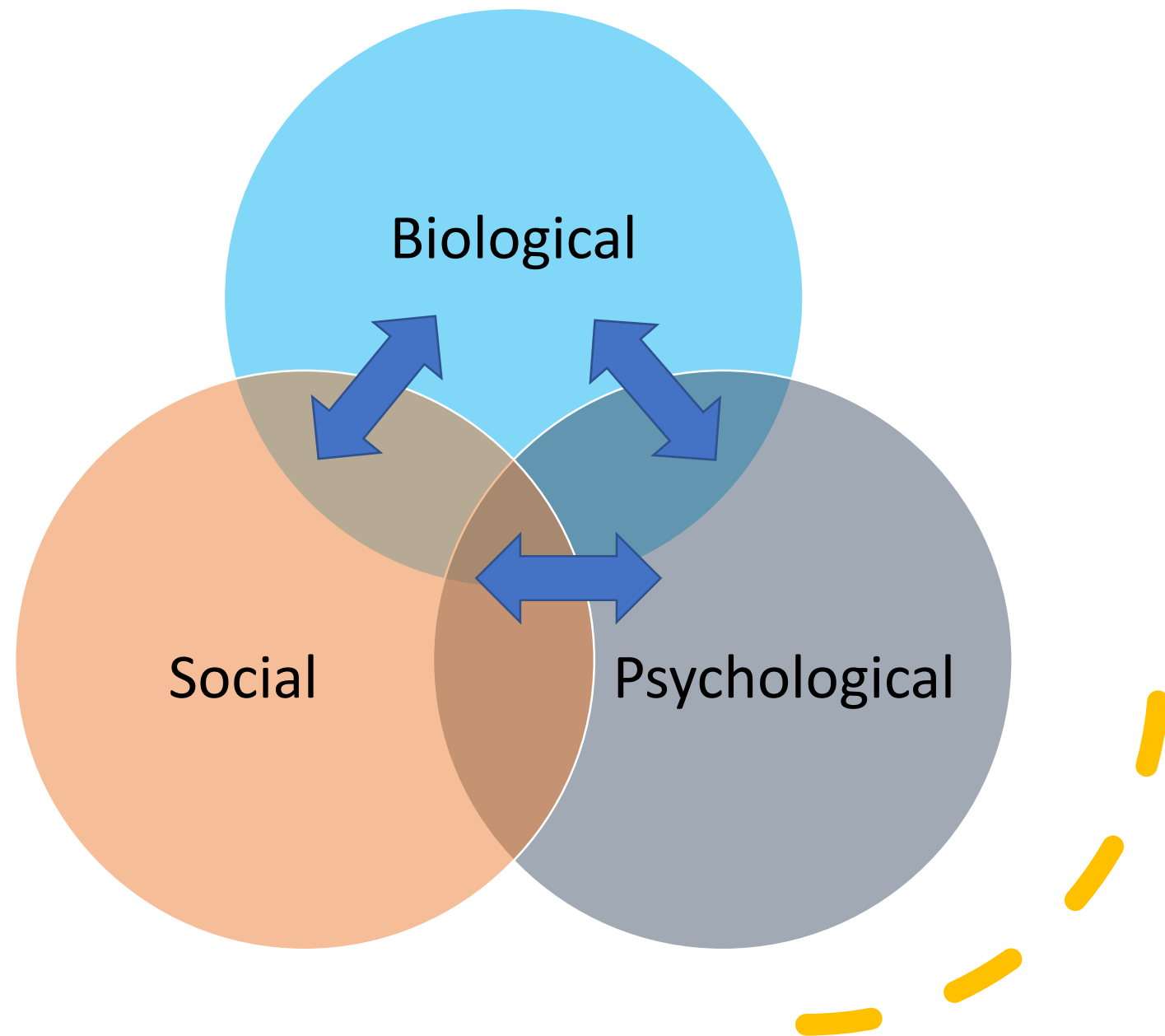


Integrated Approach

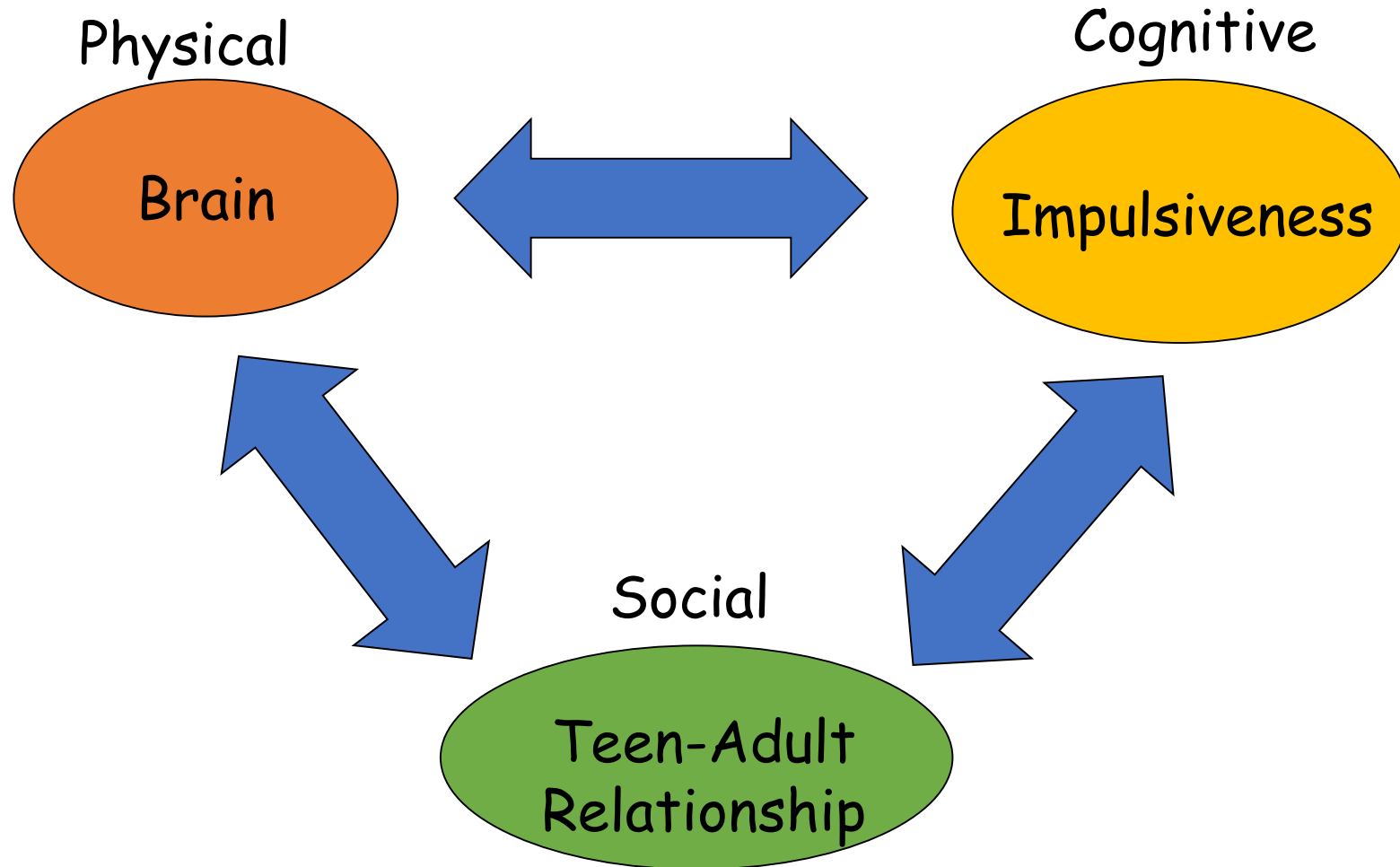
Bio-Psycho-Social Model



Bio-Psycho-Social Model



Inter-Related Changes



Physical: The Brain

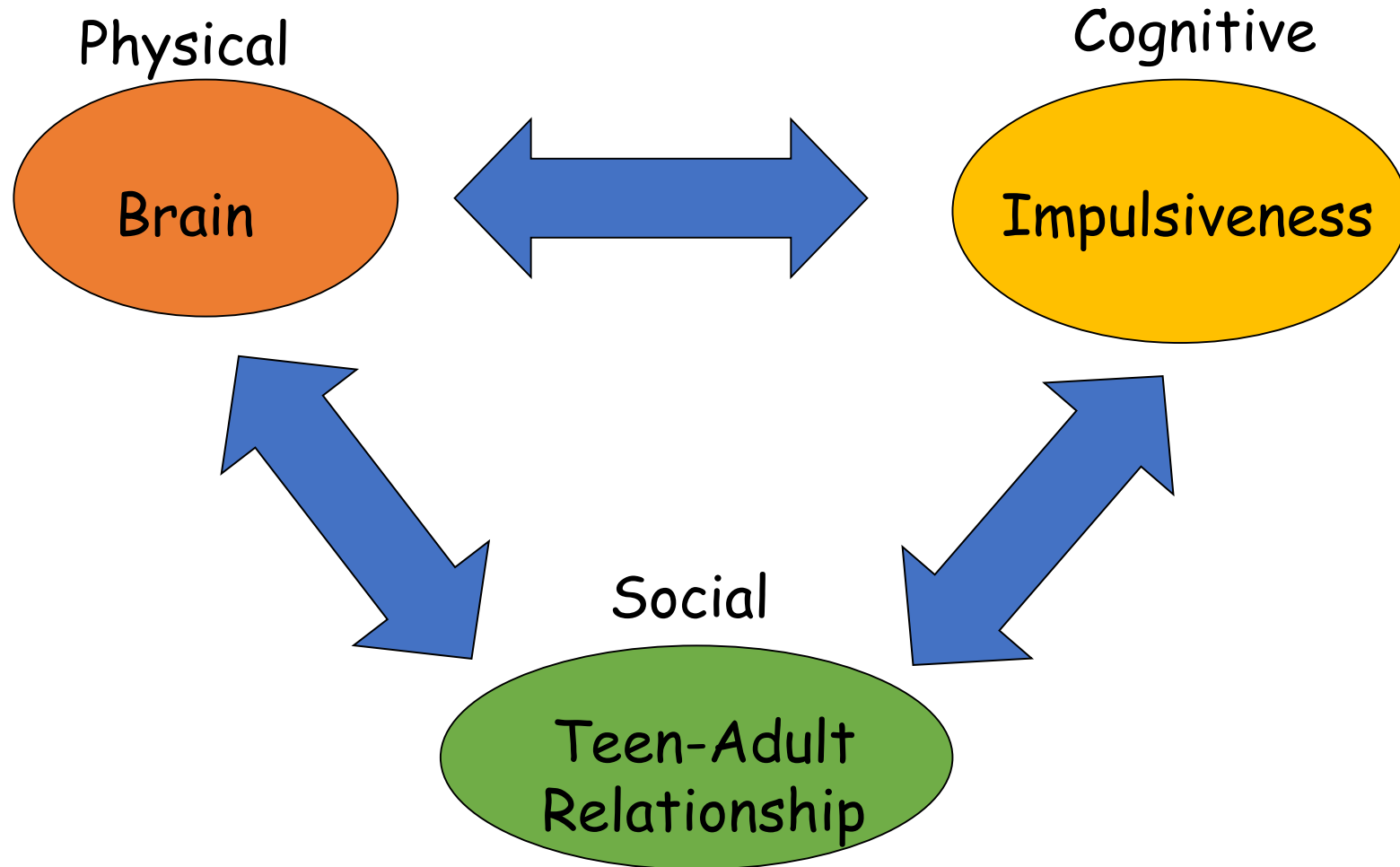
- Brain quadruples in size from birth to young adulthood²
- Surface folds become more complex¹
- Prefrontal cortex¹
 - One of last areas of brain to mature³
 - More complex and efficient^{1,2}
 - Loss of neural connections (pruning)
 - Faster connections
 - Receives more dopamine (mature judgment and impulse control)

¹Meschke, L. L., Peter, C. R., & Bartholomae, S. (2011). Developmentally Appropriate Practice to Promote Healthy Adolescent Development: Integrating Research and Practice. *Child & Youth Care Forum*, 41(1), 89–108. doi: 10.1007/s10566-011-9153-7

²Neurosci. (2014, May 18). Know your brain: Prefrontal cortex. Retrieved February 5, 2020, from <https://www.neuroscientificallychallenged.com/blog/2014/5/16/know-your-brain-prefrontal-cortex>

³First Things First. (2020). Brain Development. Retrieved February 5, 2020, from <https://www.firstthingsfirst.org/early-childhood-matters/brain-development/>

Inter-Related Changes



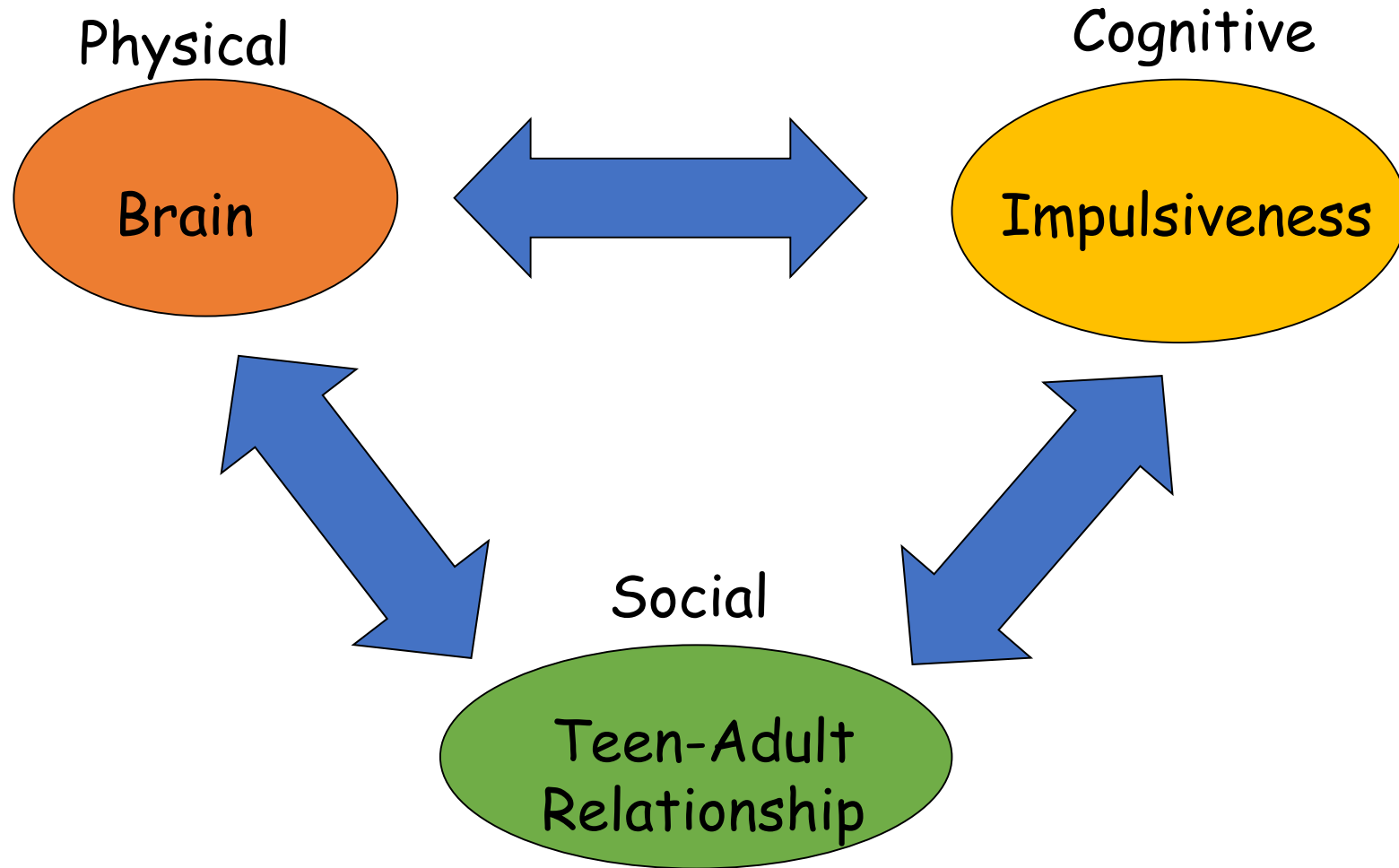
Cognitive: Prefrontal Cortex

Many imply that the prefrontal cortex greatly contributes to making us who we are as people¹

- Interpretation of facial expressions (fear vs. reason & judgment)
- Impulse control / Self control
- Decision making
- Empathy
- Planning (less flexibility; seek immediate reward)
- Sensitivity to feedback (reward & punishment)

¹Neurosci. (2014, May 18). Know your brain: Prefrontal cortex. Retrieved February 5, 2020, from <https://www.neuroscientificallychallenged.com/blog/2014/5/16/know-your-brain-prefrontal-cortex>

Inter-Related Changes



Social: Teen-Adult Communication & Relationship

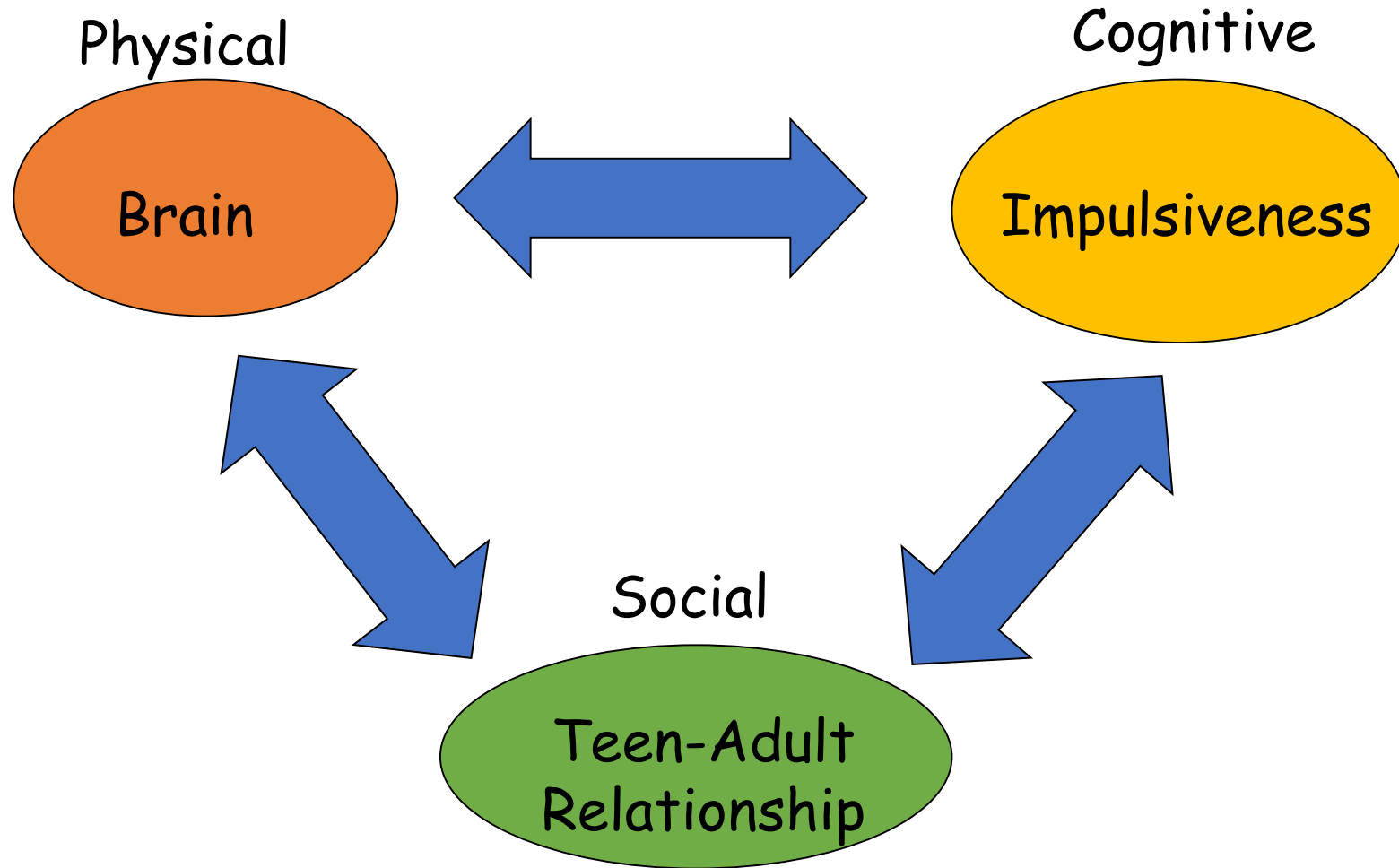
An adult's relationship with a child has the greatest impact on brain development compared to other factors.¹

- Impulsiveness
- Planning
- Decision-making
- Empathy
- Insight

Greater opportunity and challenge

¹First Things First. (2020). Brain Development. Retrieved February 5, 2020, from <https://www.firstthingsfirst.org/early-childhood-matters/brain-development/>

Inter-Related Changes



Young Early Adolescents

Ages 9-11

Early Adolescence

- 9-11 years old (grades 3-5)
- What age stands out?
- What made you happy?
- What bothered you?



Physical Development of Young Early Adolescents

- Growth spurt and more aware of body changes
 - Early developing girls are more vulnerable for at-risk behavior
- Self-esteem levels
- High energy to expend
 - Androgens for boys
- Unusual flexibility

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Cognitive Development of Young Early Adolescents

- Concrete thinkers (e.g., right/wrong or great/terrible)²
 - Little to no in-between
- Lower levels of self consciousness¹
- High energy levels and impulsivity¹
- Low empathy for peers¹
- Low inhibition of inappropriate behavior¹
- Lower levels of self regulation (working towards goals)¹

¹Meschke, L. L., Peter, C. R., & Bartholomae, S. (2011). Developmentally Appropriate Practice to Promote Healthy Adolescent Development: Integrating Research and Practice. *Child & Youth Care Forum*, 41(1), 89–108. doi: 10.1007/s10566-011-9153-7

²Allen, B., & Waterman, H. (2019, March 28). Stages of Adolescence. Retrieved February 5, 2020, from <https://www.healthychildren.org/English/ages-stages/teen/Pages/Stages-of-Adolescence.aspx>

Social Development of Young Early Adolescent

- Experience more peer pressure than children or older youth/adults²
- High family involvement
 - Parents viewed as infallible¹
 - Follow rules out of respect for authority³
 - Greater reliance on parents over peers¹
- Sex cleavage¹
 - Girls spend time with girls and boys spend time with boys
 - Most feel more comfortable this way

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²CDC. (2019, November 7). Middle Childhood (9-11 years old). Retrieved from <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle2.html>

³ Stewart, J., & Michigan State University. (2018, September 20). 9- to 11-year-olds: Ages and stages of youth development. Retrieved February 1, 2020, from https://www.canr.msu.edu/news/9_to_11_year_olds_ages_and_stages_of_youth_development

Strategies for Young Early Adolescent Development

- Make clear rules and stick to them²
- Family involvement²
- Use activities that involve movement²
- Separate by gender¹
- Short-term consequences more beneficial than long-term consequences¹

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⁵CDC. (2019, November 7). Middle Childhood (9-11 years old). Retrieved from <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle2.html>

Early Adolescence

Ages 12-14

Physical Development of Early Adolescents

- Increase in physical growth¹
 - Height and weight
 - Issues can cause awkwardness
- Development of primary sex characteristics¹
 - Appearance of secondary sex characteristics for females and early males
- Changes in sleeping patterns¹
- High energy and activity levels²
- Changes in hormones can start to see an increase in mood swings and short-term memory¹

¹Meschke, L. L., Peter, C. R., & Bartholomae, S. (2011). Developmentally Appropriate Practice to Promote Healthy Adolescent Development: Integrating Research and Practice. *Child & Youth Care Forum*, 41(1), 89–108. doi: 10.1007/s10566-011-9153-7

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Cognitive Development of Early Adolescents

- Concrete thinkers but gradually moving to more abstract/complex thought^{1,2}
- Hormones
 - Increase in moodiness³
 - Rollercoaster of emotions¹
- Increase sense in self ²
 - Switch between high expectations and lack of confidence
- Increase in inhibitions¹

¹Meschke, L. L., Peter, C. R., & Bartholomae, S. (2011). Developmentally Appropriate Practice to Promote Healthy Adolescent Development: Integrating Research and Practice. *Child & Youth Care Forum*, 41(1), 89–108. doi: 10.1007/s10566-011-9153-7

²CDC. (2019, November 7). Young Teens (12-14 years old). Retrieved February 12, 2020, from <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence.html>

³CHILDREN'S NEUROPSYCHOLOGICAL SERVICES, LLC. (2020). Developmental Milestones for 12-14 Year Olds: Adolescent Development. Retrieved February 12, 2020, from <http://www.childsneuropsych.com/parents-guide/milestones/12-14-years/>

Social Development of Early Adolescents

- More concern towards body image³
- More interest and influence by a peer group²
- Movement towards independence¹
 - Start to view themselves as grown up and invincible
- Continuing to develop their identity¹
- An increase in conflict with adults¹
 - Adults are no longer infallible
 - Parent approval is still important
 - Safe to explore autonomy
- Sex cleavage¹

¹Meschke, L. L., Peter, C. R., & Bartholomae, S. (2011). Developmentally Appropriate Practice to Promote Healthy Adolescent Development: Integrating Research and Practice. *Child & Youth Care Forum*, 41(1), 89–108. doi: 10.1007/s10566-011-9153-7

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Strategies for Early Adolescent Development

- Reward system¹
- Family involvement²
- Separate by gender¹
- Have unstructured time¹
- Respect teen's opinions²
- Honesty²
- Older youth as mentors
- Mentorship of younger youth

¹Meschke, L. L., Peter, C. R., & Bartholomae, S. (2011). Developmentally Appropriate Practice to Promote Healthy Adolescent Development: Integrating Research and Practice. *Child & Youth Care Forum*, 41(1), 89–108. doi: 10.1007/s10566-011-9153-7

² CDC. (2019, November 7). Young Teens (12-14 years old). Retrieved February 12, 2020, from <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence.html>

Stages of Adolescents	Physical Development	Cognitive Development	Social Development	Strategies
Young Early Adolescents 9-11 years	<ul style="list-style-type: none"> - Growth spurt - High energy to expand - Unusual Flexibility 	<ul style="list-style-type: none"> - Concrete thinkers - High energy levels - Impulsivity - Low levels of self-consciousness - Low levels of self-regulation (working towards goals) 	<ul style="list-style-type: none"> - Experience more peer pressure - High family involvement - Sex cleavage 	<ul style="list-style-type: none"> - Family involvement - Make clear rules and stick to them - Activities that involve movement - Separate by gender - Short-term consequences not long-term
Early Adolescents 12-14 years	<ul style="list-style-type: none"> - Increase in physical growth - Development of primary sex characteristics - Changes in sleep - High energy and activity levels - Increase in mood swings 	<ul style="list-style-type: none"> - Concrete thinkers (gradually moving to more complex) - Hormones - Increase in inhibitions - Increase in sense of self 	<ul style="list-style-type: none"> - More concern on body image - Movement towards independence - Developing identity - Sex cleavage - An increase in conflict with adults 	<ul style="list-style-type: none"> - Family involvement - Reward system - Separate by gender - Provide unstructured time - Honesty - Respect teen opinions
Middle Adolescents 15-17	<ul style="list-style-type: none"> - Stabilization of body changes - Mixed gender relationships - Brain is continuing to change and mature 	<ul style="list-style-type: none"> - Abstract thinking - Think towards the future - Struggle for more independence - Teen slang 	<ul style="list-style-type: none"> - Beginning of romantic relationships - Mixed gender relationships - Advanced cooperation skills - Influence of drugs, alcohol, and sex - May initiate working outside of home 	<ul style="list-style-type: none"> - Important to listen to concerns - Respect privacy - Encourage sleep and exercise - Provide unstructured time - Encouragement
Late Adolescents 18-19	<ul style="list-style-type: none"> - Brain continuing to develop - Body appears fully developed 	<ul style="list-style-type: none"> - More focused on future - Impulse control - Able to serve as a leader for younger ages 	<ul style="list-style-type: none"> - Stronger sense of individuality - Relationships more stable (Friends and romantic) - -Reduced conflict with parents 	<ul style="list-style-type: none"> - Create positions of leaderships - Role model positions - Community projects - Provide unstructured time

Listening

Listening

- Critical aspect of positive communication
- Be present and show interest
- Avoid using “I told you so”
- Try to eliminate distractions and actively listen



Active listening

- Good eye contact
- Focus
 - Pay attention to what the teen is saying
 - Actually hear the words the teen is using
- Watch body language
- Eliminate distractions
- Be conscious of your tone of voice
- Ask open-ended questions
 - Avoid questions that can be answered with a yes/no

Summary

- When interacting with young people keep in mind physical, cognitive, and social development
- Continue to brainstorm
 - There is no one solution that works for all adult-youth relationships
- There will be challenges
 - But teenage years can be an exciting time for BOTH teens and adults



Activities and Scenarios

- Can be group or individual work
- 4 Scenarios



Scenario 1

- Given the differences in physical, cognitive, and social development across adolescence, which age group most interests you in relation to health promotion?
- Rationalize your answer given the three areas of development and possible programming practices.

Scenario 2

- What age group would benefit most from the strategies listed below? (Justify your answer based on physical, social, and/or cognitive development)
 - Utilize youth as peer leaders and teachers of the adolescent health information.
 - Sex/ Health education courses are taught separately for male and female students.
 - Incorporate parent involvement in the adolescent health promotion efforts.
 - Include long-term health challenges related to adolescent behavior choices.

Scenario 3

- You have been tasked with creating an activity to increase early adolescents' knowledge about how to avoid OUD (opioid use disorder). What biological, cognitive, and social development outcomes should be taken into consideration?
- Provide on strategy that addresses the developmental outcome identified.

Scenario 4

- You have been given the opportunity to create an activity to educate and engage youth for all levels of adolescents. Think of activities that will best reach each group (games, group work, etc.)
 - Young Early Adolescents
 - Early Adolescents
 - Middle Adolescents
 - Late Adolescents