



OFFICE OF THE ASSISTANT SECRETARY FOR HEALTH

# Adolescent Development Explained: Becoming an Adult

Webinar

Monday, September 9, 2019



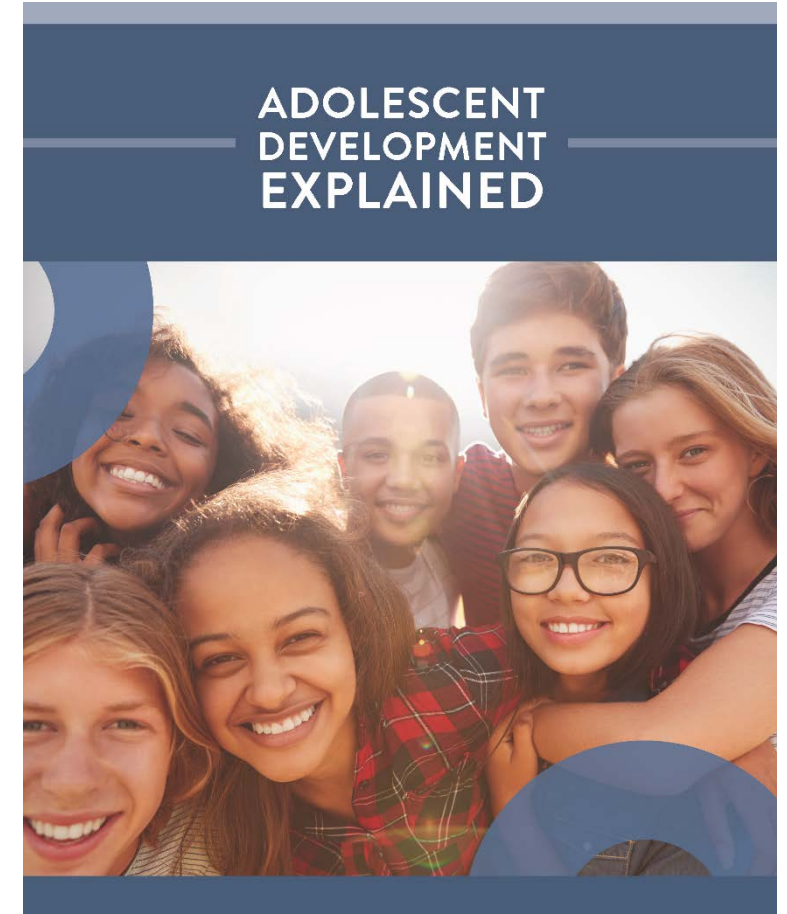
# Welcome

- **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

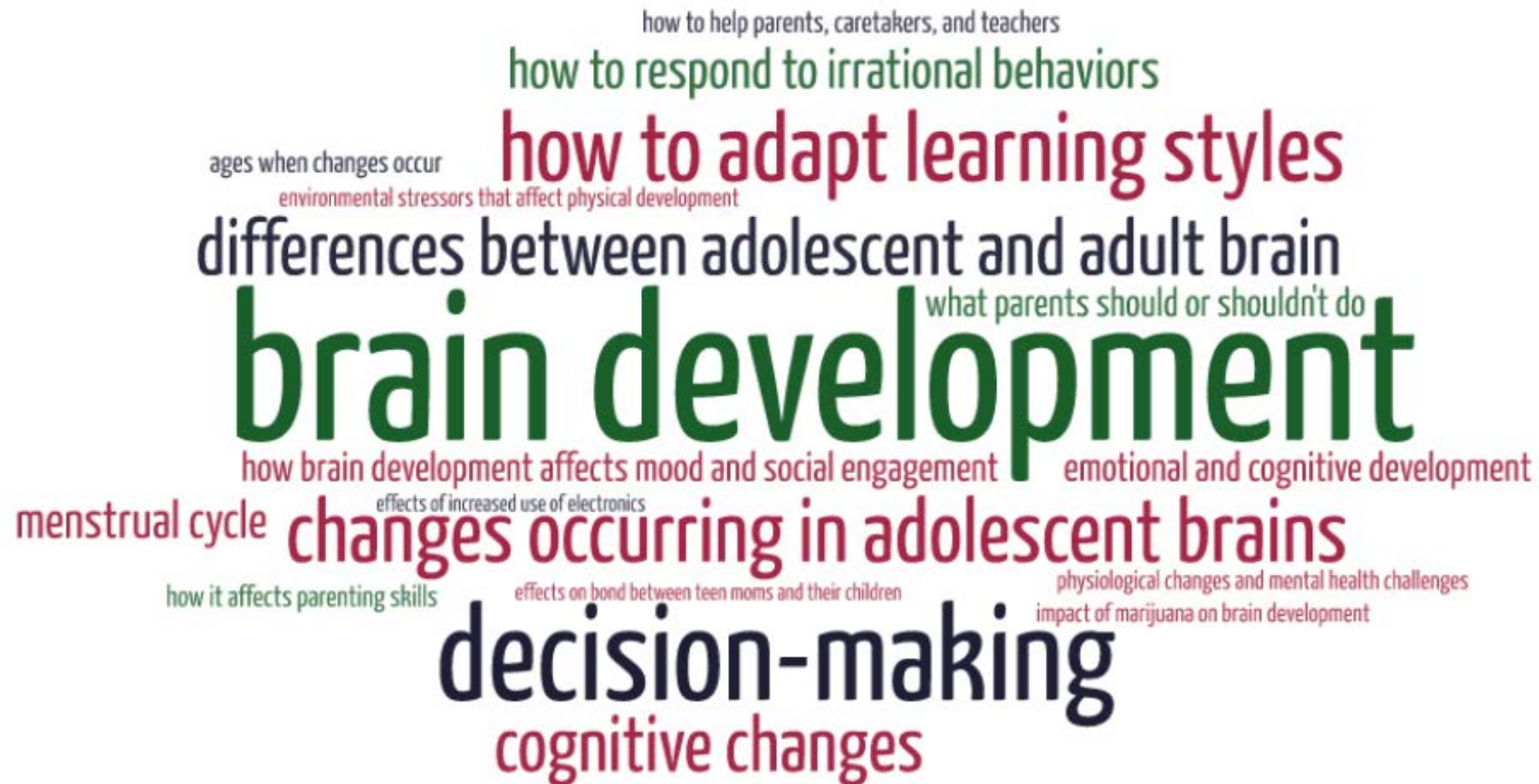


# Adolescent Development Explained

- 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.



## PHYSICAL

hormonal changes and development



## COGNITIVE

changes in the way the brain functions



## EMOTIONAL

how adolescents process emotions and stress



## SOCIAL

changes in familial, social, and romantic relationships



## MORALS AND VALUES

how adolescents regard their place in the world



## 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**



# Factors that Contribute to the Timing of Physical Changes



**GENES**



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# 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.

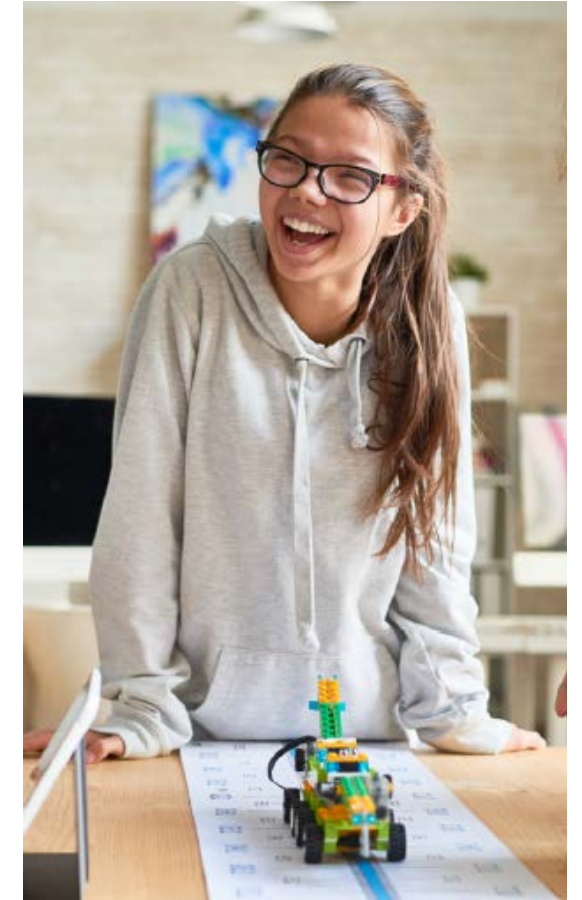
## Thinking Skills Developed

### During Adolescence



# 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:

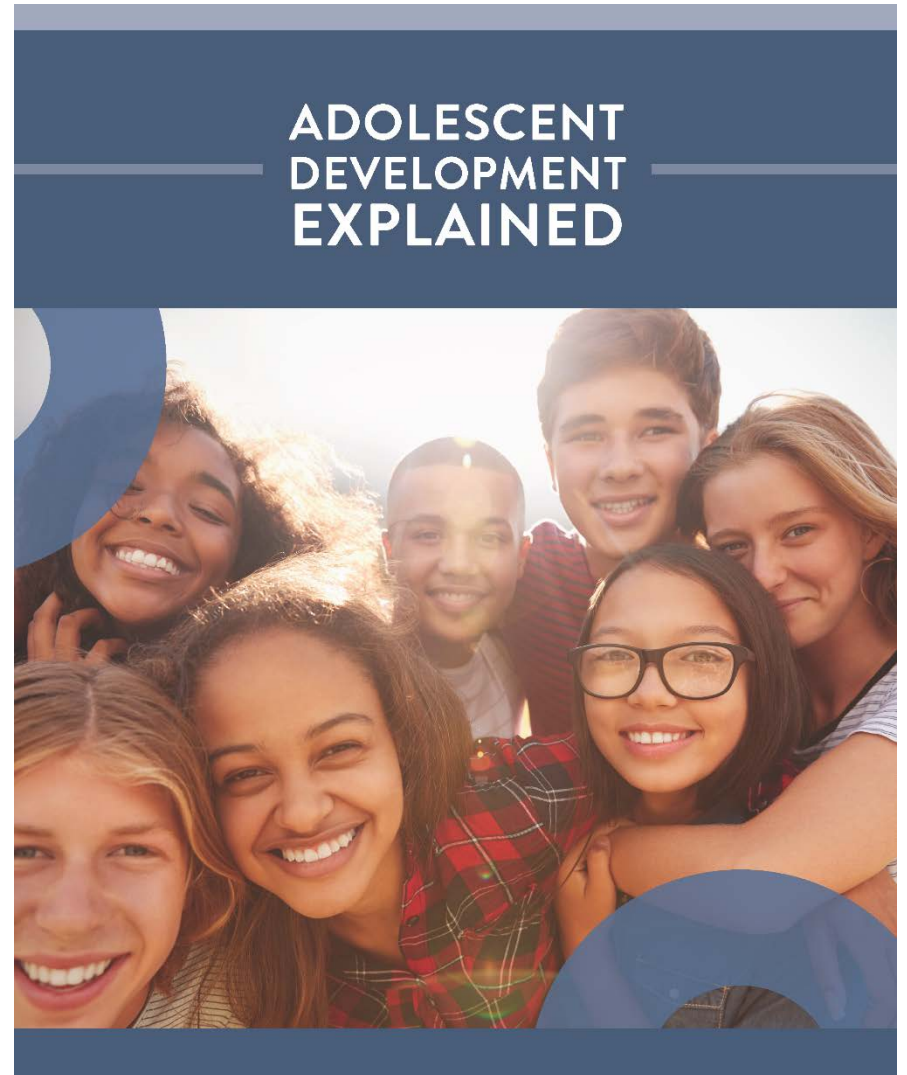
- Ask open-ended questions on complex issues.
- Provide more learning opportunities that entail healthy risks.
- Help adolescents consider consequences of actions.
- Encourage healthy habits that can help adolescents get enough sleep.
- Seek out opportunities for teens to engage as learners.
- Support 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>



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