



OFFICE OF THE ASSISTANT SECRETARY FOR HEALTH

# Adolescent Development Explained: Emotional Changes

Webinar

Thursday, September 19, 2019



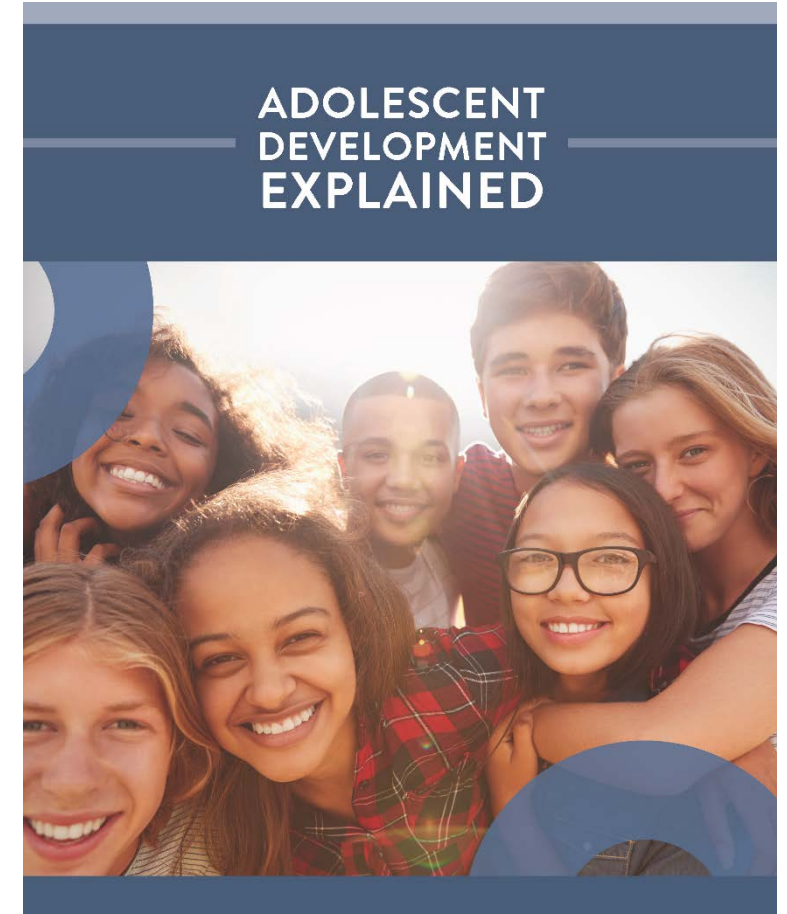
# Welcome

- **Diane Foley, M.D., FAAP**, Deputy Assistant Secretary, Office of Population Affairs
- Speakers:
  - **Tamar Mendelson, Ph.D.**, Bloomberg professor of American Health and director of the Center for Adolescent Health at the Johns Hopkins University Bloomberg School of Public Health
  - **Maria Veronica Svetaz, M.D., M.P.H.**, faculty at the Department of Family Medicine and Community Medicine at Hennepin Healthcare and at the LEAH (Leadership for Education on Adolescent Health) Program at the University of Minnesota (U of M) Division of Pediatrics and diversity committee chair at the Society of Adolescent Health and Medicine



# 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 adolescent emotions?



# SECTION 1: Healthy Emotional Development

- Marked by increasing ability to **perceive, assess, and manage emotions**
- **Biological, physical, and cognitive changes** are
  - Are associated with emotions
  - Are experience differently based on context and environment



# Factors that Define Emotional Development

- **Hormones** and **self-regulation skills** influence how adolescents navigate the process.



## SECTION 2: Self-esteem and Identity

- **Self-esteem** can be influenced by family's approval, friendships, and personal successes.
- **Self-compassion** fosters resiliency and adolescents' awareness of how to treat themselves when they fail or fall short.



# The Path to Finding an Identity

- Taking **risks** can be a positive part of growing as adolescents experiment to learn more about themselves and others.
- **Identity formation** is a fundamental task that requires adolescents to become aware of and explore who they are in different social-emotional aspects of their lives.
- **Intersectionality** highlights how multiple social identities are additive *and* interactive.





## SECTION 3: Stress Management

- All adolescents experience stress from positive situations (e.g., getting a first job) and negative situations (e.g., grieving a family member's death).



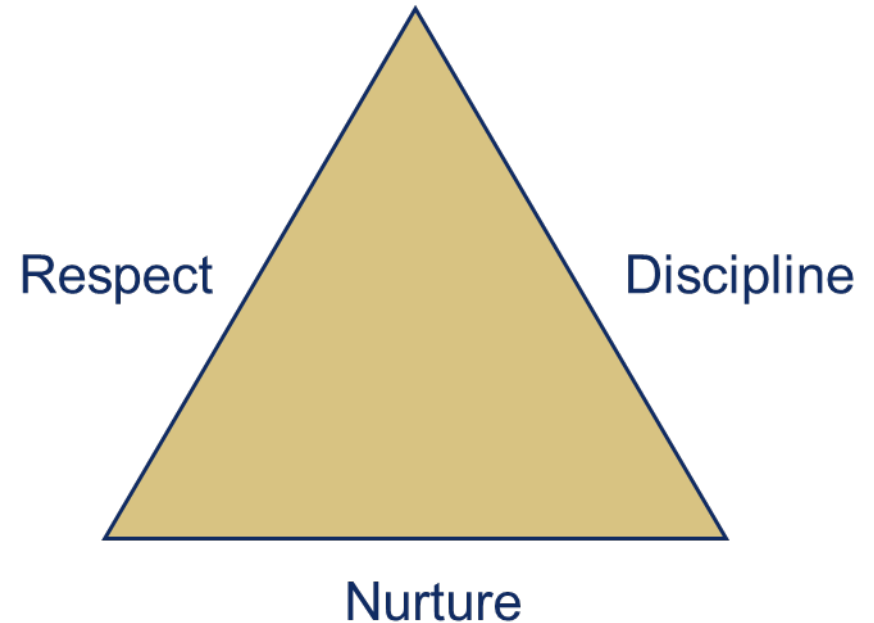
# Healthy Stress Management

- Learning **stress management skills** can help adolescents navigate these situations in healthy ways.
- Some adolescents may need more support if they experience **trauma**.



# SECTION 4: How Parents and Caring Adults Can Help

- Positive parents...
  - **NURTURE** by being supportive, warm, and encouraging.
  - **DISCIPLINE** by teaching how to behave, set and enforce limits, and monitor behavior.
  - **RESPECT** by encouraging teens to develop their own opinions and beliefs, model civility and allow privacy.



Adapted from Shoulder to Shoulder.

<http://www.shouldertoshoulderminnesota.org/files/RAISING%20TEENNS.ppt>



# The COACH Concept for Parents

- **C**reate confidence
- **O**bserve
- **A**dvice
- **C**almly let youth go play (experience life)
- **H**elp youth debrief the experience

Source: Svetaz M.V., Garcia-Huidobro D., Allen M. Parents and family matter: Strategies for developing family-centered adolescent care within primary care practices. *Primary Care: Clinics in Office Practice*. 2014 Sep 1;41(3):489-506.



# Tips for All Adults Caring for Adolescents

Support healthy emotional development:

- Strengthen communication skills
- Promote stress management skills
- Nurture self-regulation skills
- Limit exposure to risky situations
- Pay attention to warning signs
- Make your own emotional well-being a priority



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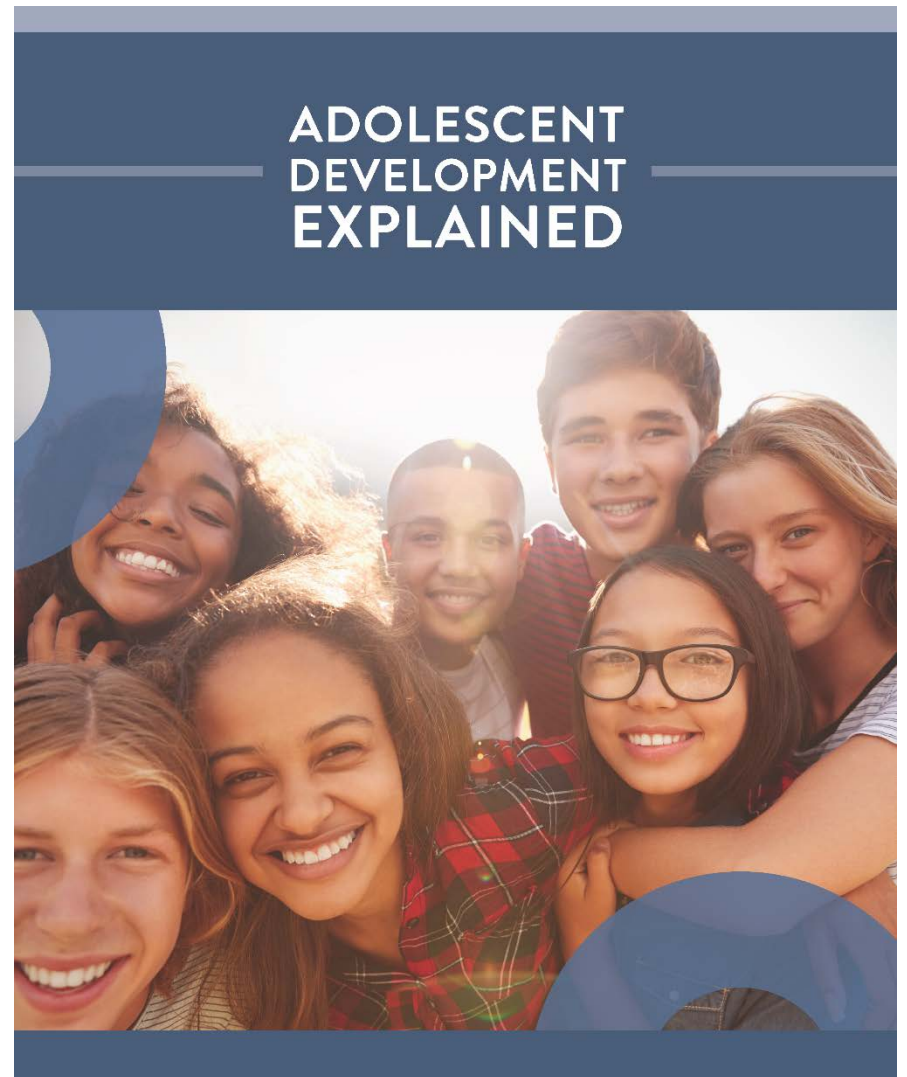
# Questions?

For more information about Adolescent Development Explained:

<https://www.hhs.gov/ash/oah/adolescent-development/explained/index.html>

**Next Webinar on 9/25: Social Connections**

<https://register.gotowebinar.com/register/3484606737051348491>



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