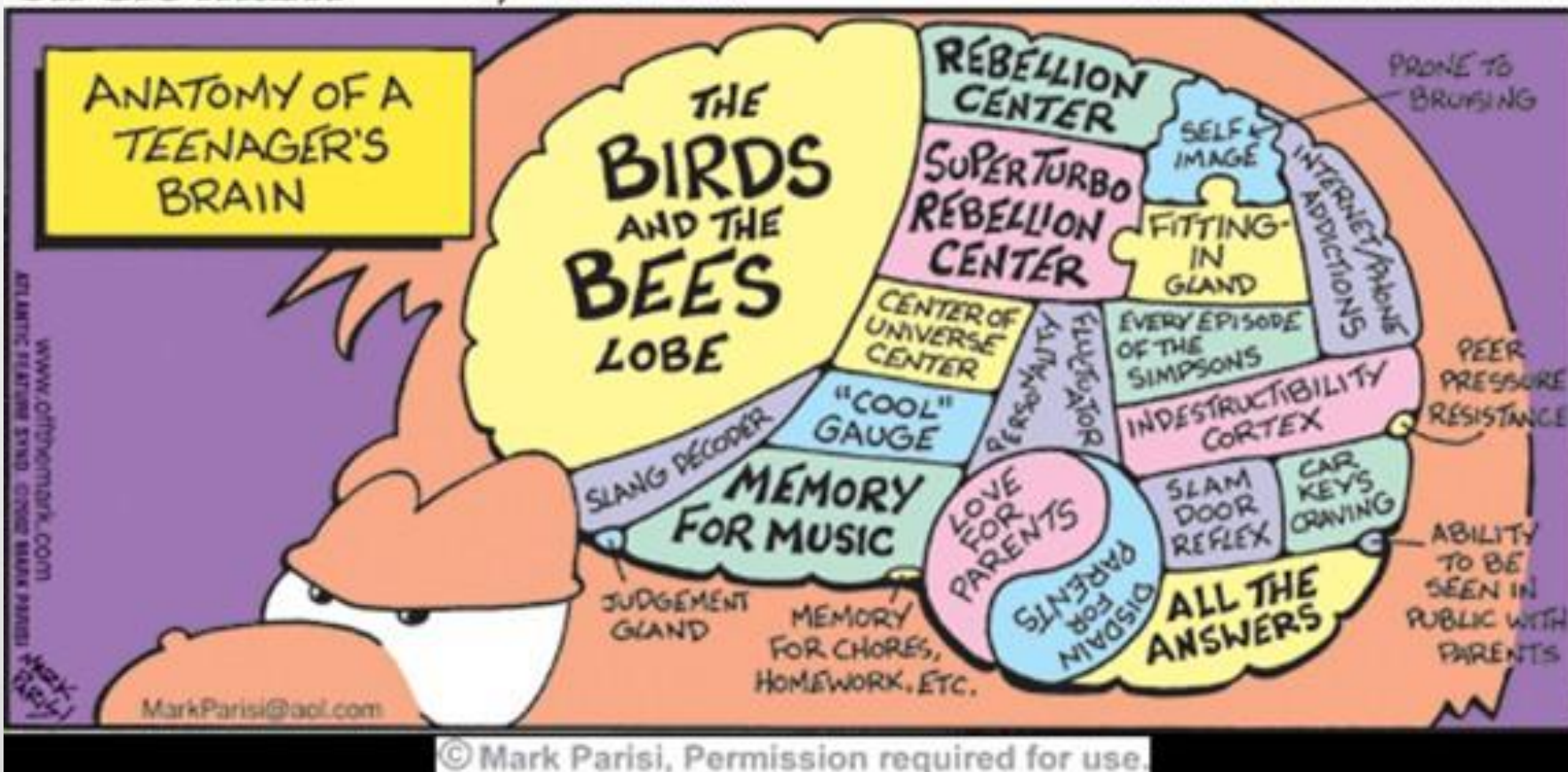


off the mark

by Mark Parisi

www.offthemark.com



**I'M NOT
CRAZY...**

**I'M A
TEENAGER**

KENNETH "KIP" CHRISTOPHER

DIRECTOR OF SCHOOL COUNSELING, FREEDOM HIGH SCHOOL



INTRODUCTIONS

- **ME**
- **YOU**
- **LET'S BE KIND, LET'S BE REAL,
LET'S LAUGH, & LET'S BE
CONFIDENTIAL**

LET US BEGIN WITH WHERE OUR TEEN'S ARE DEVELOPMENTALLY



Piaget's Stages of Cognitive Development



Sensorimotor
Stage

Birth to 2 yrs

Preoperational
Stage

2 to 7 yrs

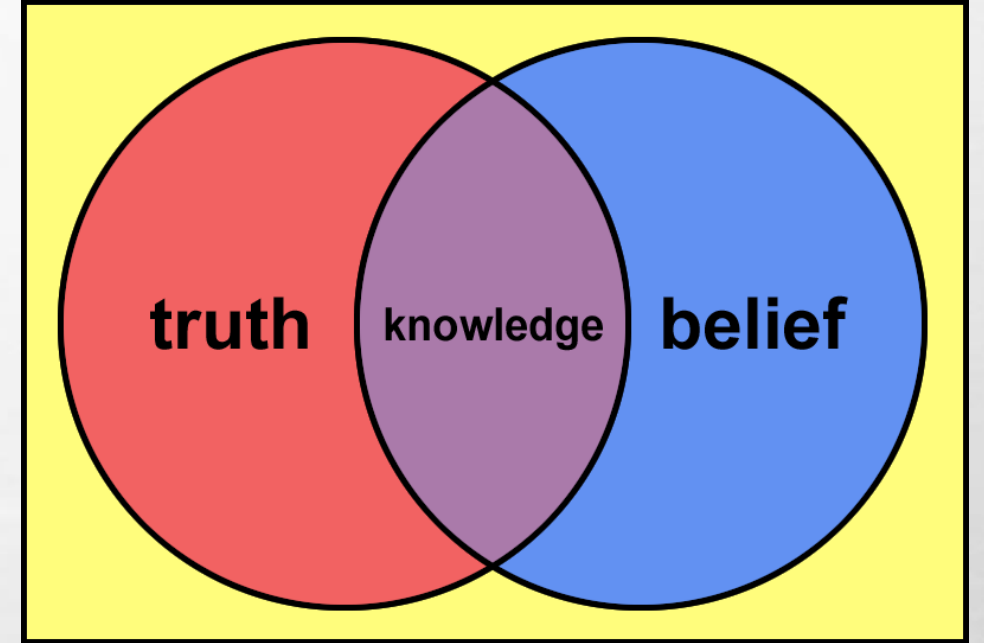
Concrete
Operational
Stage

7 to 11 yrs

Formal
Operational
Stage

12 and up

verywell



FORMAL OPERATION STAGE FROM WHY? TO WHY?

Growing a Grown-up Brain

Scientists have long thought that the human brain was formed in early childhood. But by scanning children's brains with an MRI year after year, they discovered that the brain undergoes radical changes in adolescence. Excess gray matter is pruned out, making brain connections more specialized and efficient. The parts of the brain that control physical movement, vision, and the senses mature first, while the regions in the front that control higher thinking don't finish the pruning process until the early 20s.

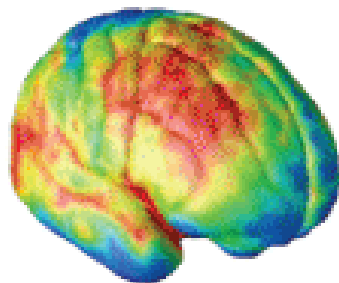
Gray matter density

Gray matter becomes less dense as the brain matures.

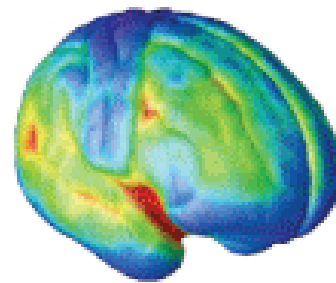
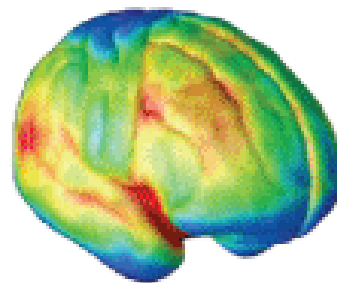


More dense

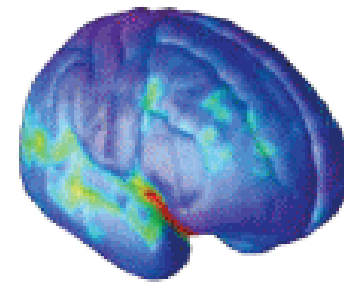
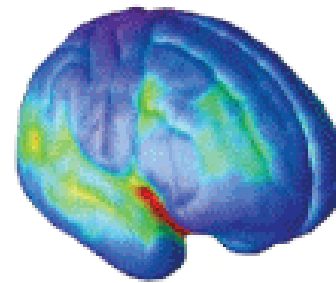
Less dense



Age: 5



Adolescence



20

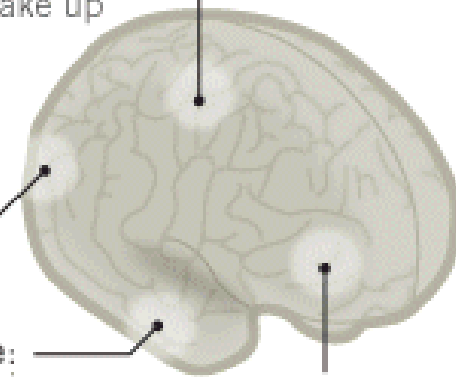
Gray matter: Nerve cell bodies and fibers that make up the bulk of the brain's computing power.

Parietal lobe: Spatial perception

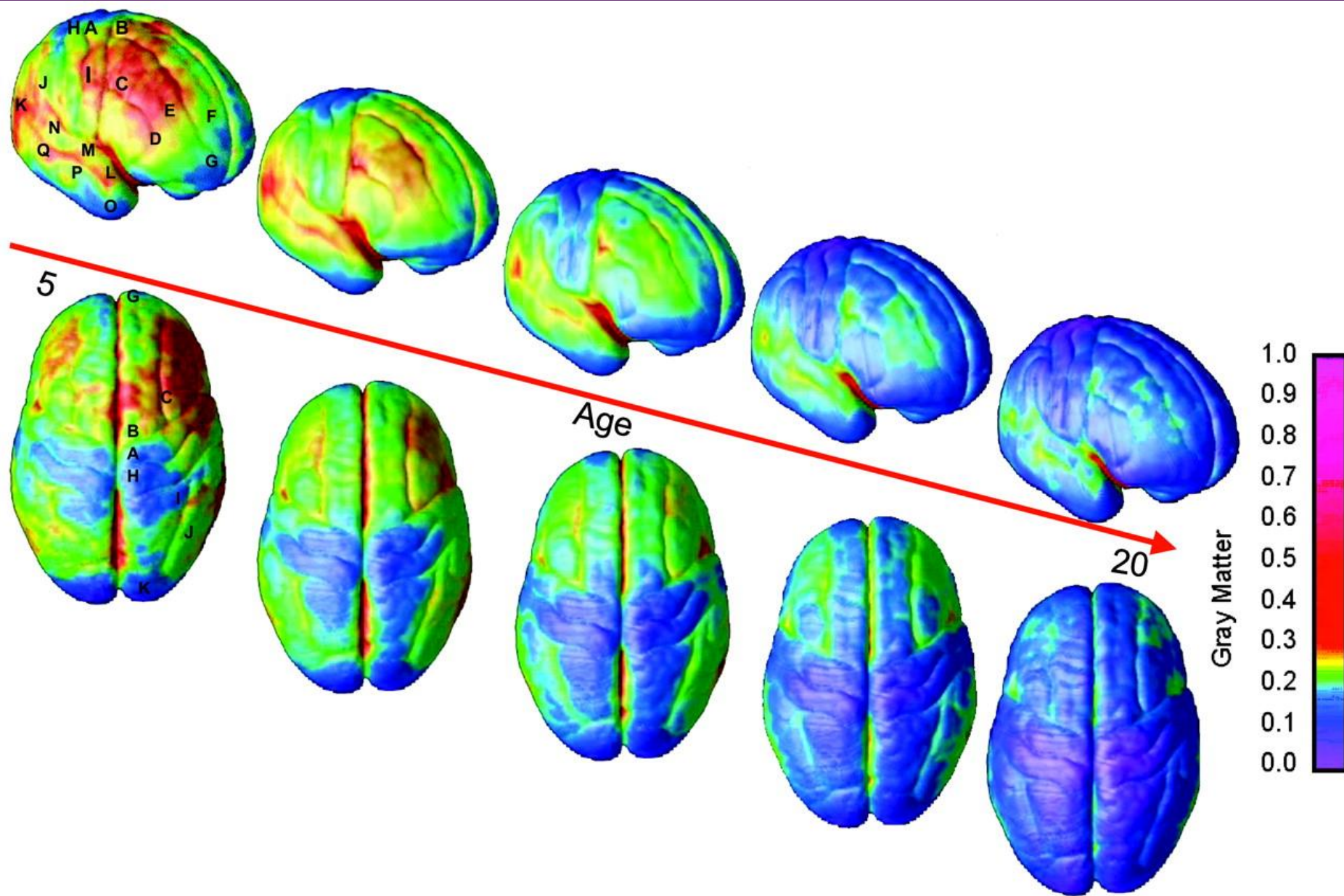
Occipital lobe: Vision

Temporal lobe: Memory, hearing, language

Frontal lobe: Planning, emotional control, problem solving



Source: "Dynamic mapping of human cortical development during childhood through early adulthood," Nitin Gogtay et al., *Proceedings of the National Academy of Sciences*, May 25, 2004; California Institute of Technology



Researchers define adolescence as the ages between **11-19** but maturity and full development is not realized until 24-25 years of age.

Sometimes teens and parents do NOT want to accept the reality because teens sure do LOOK mature!

www.LiveScience.com



**WOW...YOU
REALLY LOOK
LIKE YOU
SHOULD
HAVE SOME
COMMON
SENSE.**

Social Emotional Development



Erik Erikson divided life span into eight ages, each of which involves a psychosocial crisis. One's personality is shaped by how individuals deal with these psychosocial crises.

Identity Stage (approximate age)	Issues	Description of Task
<i>Infancy</i> (to 1 year)	<i>Trust vs. mistrust</i>	If needs are dependably met, infants develop a sense of basic trust.
<i>Toddlerhood</i> (1 to 2 years)	<i>Autonomy vs. shame and doubt</i>	Toddlers learn to exercise will and do things for themselves, or they doubt their abilities.
<i>Preschooler</i> (3 to 5 years)	<i>Initiative vs. guilt</i>	Preschoolers learn to initiate tasks and carry out plans, or they feel guilty about efforts to be independent.
<i>Elementary school</i> (6 years to puberty)	<i>Competence vs. inferiority</i>	Children learn the pleasure of applying themselves to tasks, or they feel inferior.
<i>Adolescence</i> (teen years into 20s)	<i>Identity vs. role confusion</i>	Teenagers work at refining a sense of self by testing roles and then integrating them to form a single identity, or they become confused about who they are.
<i>Young adulthood</i> (20s to early 40s)	<i>Intimacy vs. isolation</i>	Young adults struggle to form close relationships and to gain the capacity for intimate love, or they feel socially isolated.
<i>Middle adulthood</i> (40s to 60s)	<i>Generativity vs. stagnation</i>	The middle-aged discover a sense of contributing to the world, usually through family and work, or they may feel a lack of purpose.
<i>Late adulthood</i> (late 60s and up)	<i>Integrity vs. despair</i>	When reflecting on his or her life, the older adult may feel a sense of satisfaction or failure.

<http://www.thepsychfiles.com/2008/08/episode-67-mnemonic-device-for-eriksons-eight-stages-of-development/>

IDENTITY VS. ROLE CONFUSION

- **DURING ADOLESCENCE, SELF CONSCIOUSNESS TAKES CENTER STAGE**
- **TEENS FOCUS ON WONDERING “WHO AM I?” & “WHERE DO I BELONG?”**
- **WHY??**

TEENS BEGIN TO BECOME MORE LIKE ADULTS INTELLECTUALLY

- **REALIZE THE IMPORTANCE OF ESTABLISHING SELF IN SOCIETY, AND SHAPING THEIR INDIVIDUALITY**

TEENS BECOME MORE LIKE ADULTS PHYSICALLY

- **DRAMATIC CHANGES DURING PUBERTY MAKE TEENS ACUTELY AWARE OF THEIR OWN BODIES**





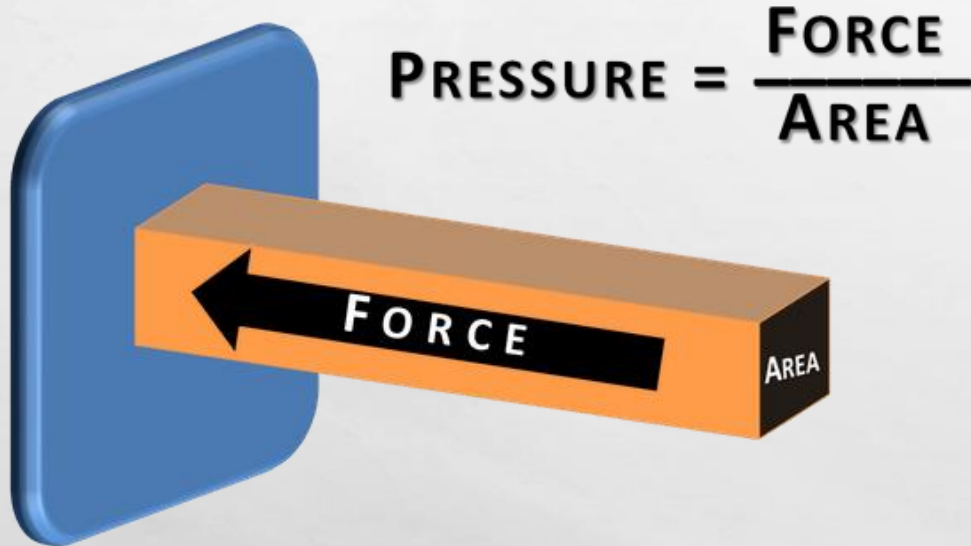
**ENOUGH ABOUT ME...
LET'S TALK ABOUT ME...
WAIT, ARE YOU TALKING
ABOUT ME???**



EGOCENTRISM



HOW MUCH PRESSURE CAN ONE TAKE?



WHAT IS THE SIZE OF ONE'S "AREA"?

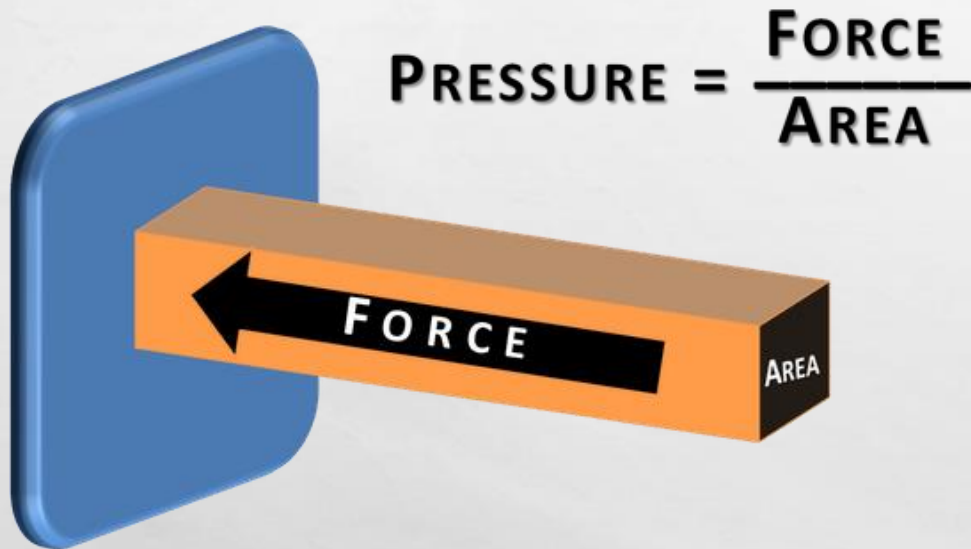
- **ACADEMIC PRESSURE**
- **PEER COMPARISON**
- **SELF DOUBT**
- **PARENT PRESSURE**
- **COLLEGE PRESSURE**
- **IDENTITY**
- **CULTURE**



BEHAVIORS VS. DEVELOPMENT



PRESSURE LEADS TO RISKY BEHAVIORS



- **NEGATIVE SOCIAL MEDIA POSTS**
- **BULLY AND/OR BE BULLIED**
- **ISOLATION**
- **SUBSTANCE USE**
- **SUBSTANCE ABUSE**
- **SCREEN OVER USE AND/OR ABUSE**
- **SEXUAL PROMISCUITY**

ANXIETY & DEPRESSION

- **ANXIETY & DEPRESSION** : IT'S NOT A CHARACTER DEFECT, A SPIRITUAL DISORDER OR AN EMOTIONAL DYSFUNCTION. AND CHIEF OF ALL, IT'S NOT A CHOICE.

- **THERE IS NO QUICK FIX**
- **THERE IS LITTLE CONTROL**
- **THERE IS HOPE**

"O LORD, you have deceived me, and I was deceived" Jeremiah 20:7

"It is enough; now, O Lord, take away my life" 1 Kings 19:4

"I say to God, my rock: 'Why have you forgotten me?'" Psalm 42:9-10

PROTECTIVE FACTORS

**WHAT ARE SOME PROTECTIVE FACTORS THAT YOU HAVE TO DEAL WITH
STRESSORS?**



SOURCES OF STRENGTH





PROTECTIVE FACTORS

**SELF-CONFIDENCE –
FOUNDATION OF EVERYTHING**

- **EVERYONE STRUGGLES, IT IS NORMAL**
- **WEIGHT OF THE WORLD IS HEAVY, GIVE IT TO GOD AND TRUST IN HIM – IT HELPS**

PROTECTIVE FACTORS

- **POSITIVE FRIENDS**
- **BAD FRIENDS ARE EASY TO FIND, GOOD FRIENDS REQUIRE WORK**
- **FITTING IN THE RIGHT SPACES & PLACES**
- **GET INVOLVED AND SERVE OTHERS**



PROTECTIVE FACTORS

**MENTAL HEALTH & WELLNESS AS
IMPORTANT AS PHYSICAL HEALTH**

- **SINUS INFECTIONS AND
ANXIETY/DEPRESSION - DON'T BE
AFRAID TO ASK FOR HELP**
- **UNTREATED ILLNESS CAN LEAD TO
GREATER PROBLEMS**



PROTECTIVE FACTORS

FAMILY...

LISTEN TO GOD AND NOT YOUR NEIGHBORS

IVE & GIVE THANKS

Be Grateful

GOD IS GOOD AND SO ARE YOU!

QUESTIONS?



DID I MISS
SOMETHING?

