

Healthy Adolescent Development and Warning Signs of Trouble

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Southeast Psych

Psychology for All™



Blakeney



Southpark



Putting psychology into people's hands to enhance their lives...

Goals for Tonight

- Learn about healthy adolescent development and how to recognize red flags for trouble
- Leave with knowledge and resources
- Have the opportunity to ask questions
- Meet other parents



The Myth of Storm, Stress, Rebellion

Most adolescents admire and love their parents, rely on them for advice, embrace many of their values, feel loved by them, and say they're happy.



**Don't worry about it...
A lot of people don't like kids.**

Adolescent Development

physical

personality

identity

spiritual



social

moral

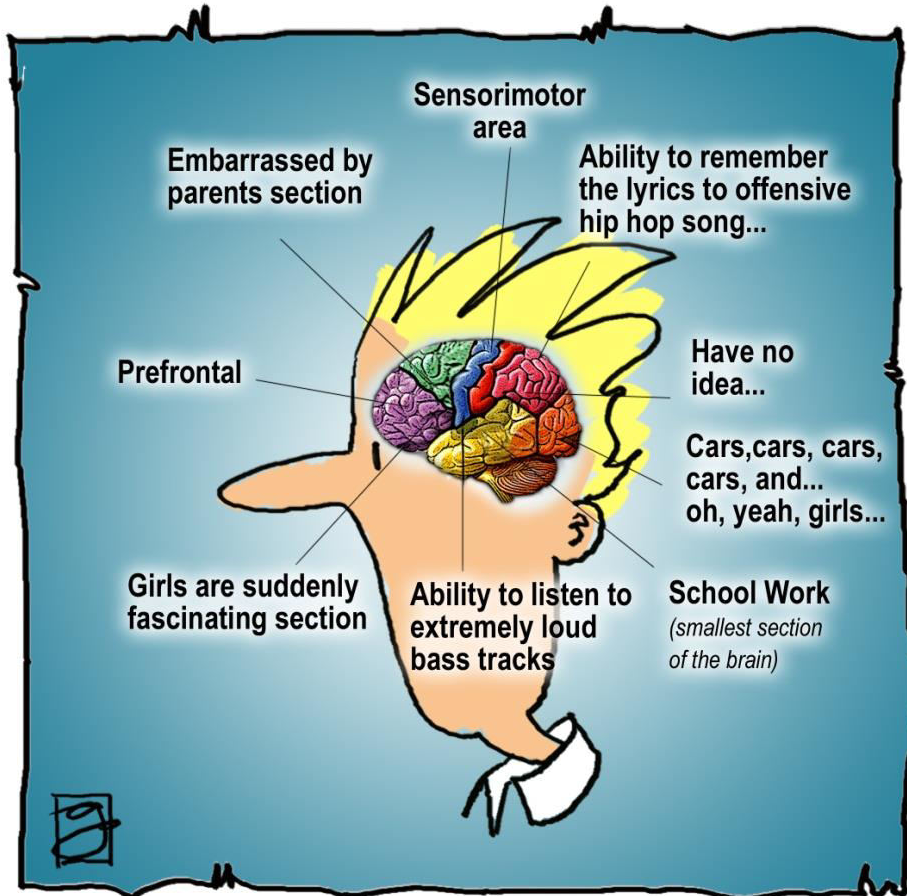
cognitive

etc.

Erik Erikson's Model of Personality Development

Age	Challenge
0-1 year	To develop the sense that the world is safe, a good place
1-3 years	To realize one is an independent person who can make decisions
3-6 years	To develop the ability to try new things and handle failure
6-12 years	To learn basic skills and work with others
Adolescence (12-18)	To achieve a sense of identity across many domains
Young Adulthood (19-40)	To develop intimate relationships
Middle Adulthood (40-65)	To find ways to support and satisfy younger generations
Late Adulthood (65+)	To view one's life as satisfactory and worth living

Characteristics of Adolescent Thinking



Anatomy of a Teenager's Brain

Egocentrism: overly concerned with their own thoughts and feelings

Imaginary audience: believe others are watching them constantly

Personal fable: believe their experiences and feelings are unique

Illusion of invulnerability: think misfortune only happens to others

What is Normal
Adolescent
Behavior and
When Should
Parents be
Concerned?



Family



Normal:

- Increased parent-child conflict
- Less time with family, more time with peers

Cause for concern:

- Verbal or physical aggression
- Runaway behaviors

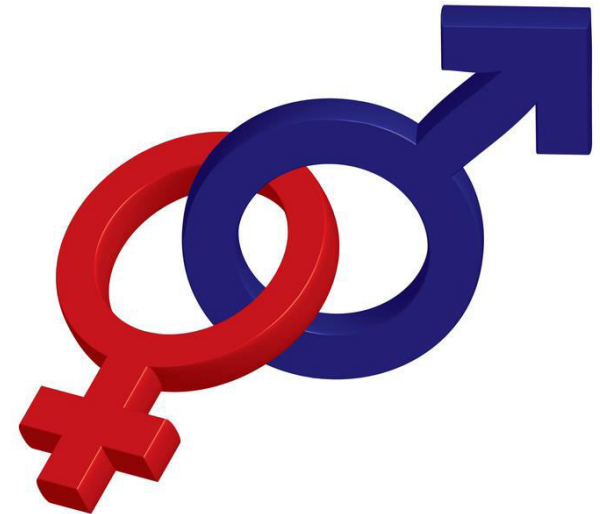
Sexuality

Normal:

- Sexual experimentation
- Increased sexual maturity

Cause for concern:

- Unsafe sexual practices
- Sexual promiscuity
- Pregnancy



Body Image

Normal:

- Increased focus on body image and self consciousness

Cause for concern:

- Bingeing
- Purging
- Restricted eating

Drugs, Alcohol, Tobacco

Normal:

- Experimentation



Cause for concern:

- Substance abuse
- Using substances to manage emotions
- Selling drugs
- Heavily substance-using peer group



Risk Taking

Normal:

- Increased risk taking and sensation seeking

Cause for concern:

- Multiple accidents
- Encounters with firearms
- Excessive risk taking



School



Normal:

- Stressful transitions to middle and high school
- Increased stress due to workload

Cause for concern:

- Lack of connection to school or peers
- School truancy
- Failure
- Dropout

Other

Normal:

- Becoming overwhelmed with everyday decision making
- Increased argumentativeness, criticism, idealism

Cause for concern:

- Becoming paralyzed with indecision
- Rebellious questioning of social rules and conventions
- Causing trouble with family members, teachers, etc.
- Self injury, suicidal thoughts



Resources

Guide for Parents on Raising Teenage Girls
<http://www.apa.org/pubinfo/girls/connect.pdf>

Teens Health
<http://teenshealth.org>

Parents Magazine
www.parents.com

Book: *Parenting Teens with Love and Logic*
by: Cline & Fay

CMS Handbook: *Guiding Your Child Through Adolescence*
Order from: www.channing-bete.com, item # PS92709

Presentation and Handouts Available at:
www.southeastpsych.com

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