

**Tough Being  
A Teen:  
How to Work  
with  
Adolescences**



# TEENAGER

noun 1. Someone who is ready for the zombie apocalypse but not ready for the math test tomorrow.



# Adolescents/ Teenagers (Youth Ages Around 12-19)

- Not Children and Not Adults.
- Adjusting to New Roles and Expectations.
- Time of Rapid Physical, Emotional and Social Changes.



# Physical Changes

## The 'P' Word - Puberty



- Usually begins around 7 to 13 for females and 9 to 15 for males.
- Hormonal changes.
- Fastest time of physical change besides infancy.



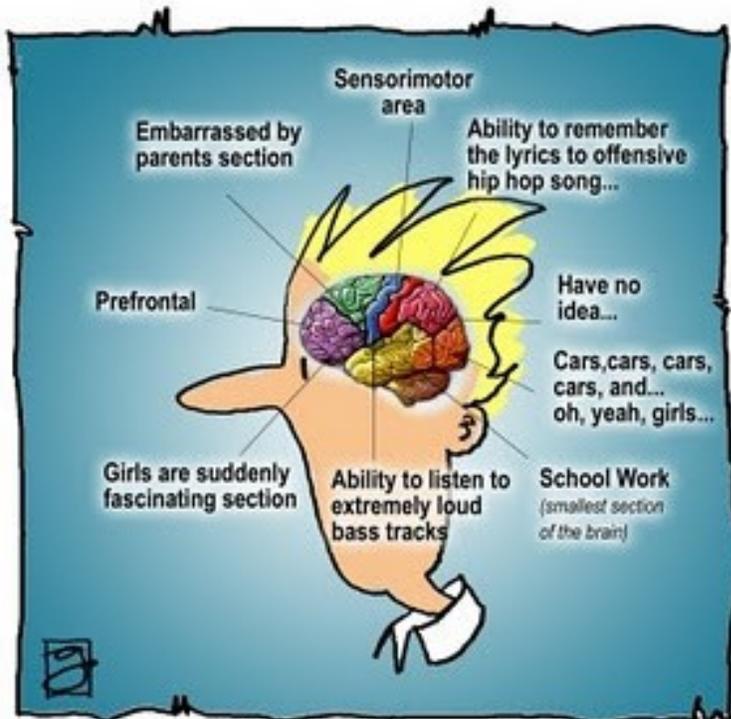
# Physical Changes

<https://www.youtube.com/watch?v=dISmdb5zfiQ>

## The Teenage Brain

# Physical Changes

## The Teenage Brain



*Anatomy of a Teenager's Brain*

- The Prefrontal Cortex is not developed until the mid-20s.
- Due to brain development, teens are more likely to:
  - Be impulsive.
  - Misunderstand social cues.
  - Be irrational.
  - Act before they think.
  - Not think about consequences.
  - Be accident prone or get in confrontations.
  - Engage in risky behavior.

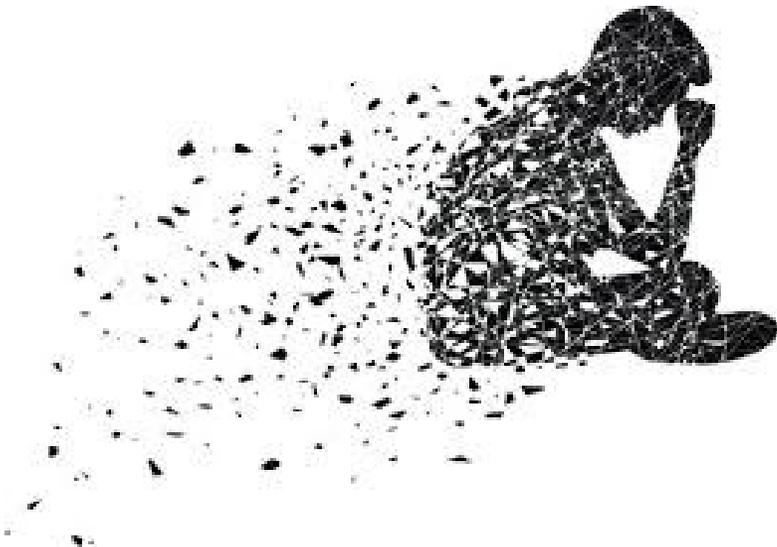
# Emotional and Social Changes

- Developing sense of self, including body image.
- Emerging independence.
- Creating personal goals and expectations.



# Adolescent Mental Health

- One in five adolescents suffer from a mental health disorder, such as anxiety or depression. However less than half receive treatment.
- Depression is the most common mental health disorder in adolescents affecting one in eight.
- Suicide is the second leading cause of death for 15 to 24-year-olds.



# Adolescent Mental Health

- Essential for adults to recognize the signs of mental health illness and get youth treatment. Early intervention can make all the difference.
- Be aware of resources including:
  - Substance Abuse and Mental Health Services Administration (SAMHSA) Behavioral Health Services Locator
  - National Alliance on Mental Health (NAMI)
  - National Suicide Prevention Lifeline 1-800-273-TALK
  - Support groups.



# Other Possible Pitfalls of Adolescence

Teenagers are more likely to engage in risky behavior including:

- Reckless driving.
- Unsafe sexual interactions.
- Drinking.
- Drug experimentation/ use.

TEEN-AGE MOUSE





# Other Possible Pitfalls of Adolescence

## Social Challenges:

**Peer Pressure:** Teens are more likely to engage in risky behavior when around peers.

**Relationships:** Women ages 16 to 24 experience the highest rate of intimate partner violence.

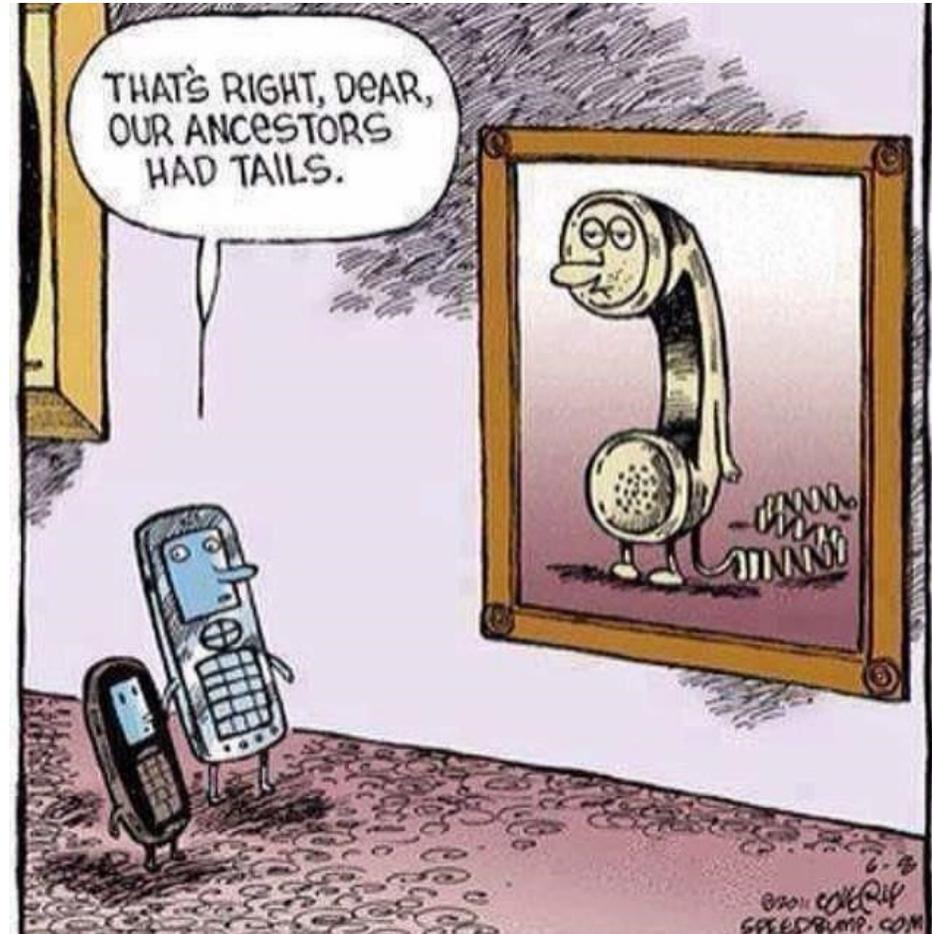


**iGen /  
Gen Z**

**NEXT TIME YOUR TEENAGER  
MAKES FUN OF YOU FOR NOT  
UNDERSTANDING SNAPCHAT,  
ASK THEM TO WRITE OUT A CHECK.**

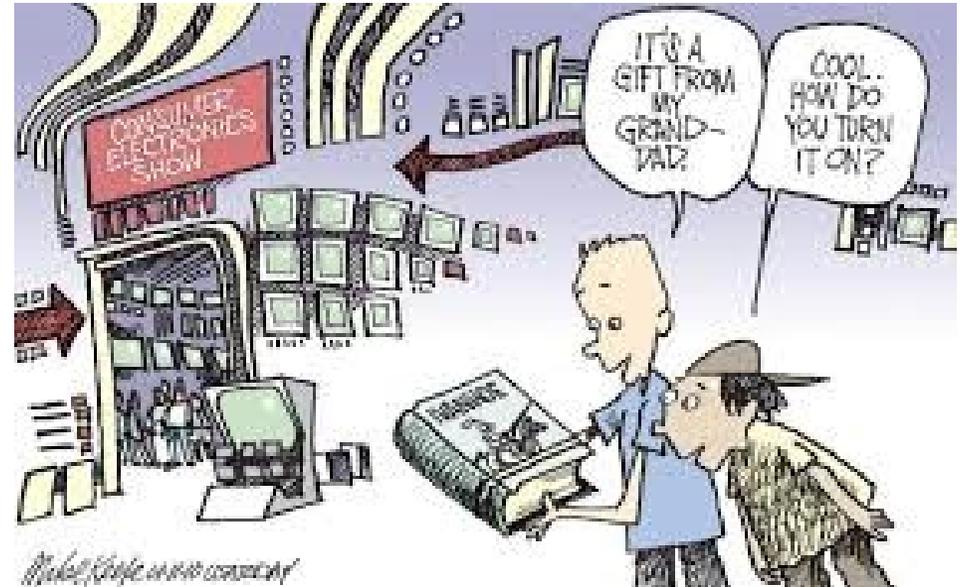
# iGen / Gen Z

- Born between 1995 and 2014.
- First generation to grow up in the high tech world.  
“Smartphone Generation”
- Interacts with world differently. Prefers texting to talking.



# iGen / Gen Z

- First generation to grow up social media. Prefers different platforms such as SnapChat and YouTube.
- More likely to be influenced by brand power or “influencers.”
- Less independent but also less likely to engage in risky behavior than Millennials.



# iGen / Gen Z

- Values creativity but also likely to buy/ take part in something “popular.”
- Prefers to create content and entertainment.
- Socially conscious.
- Takes in information differently.





# Tips For Interacting With Teens

- Talk to them, not at them.
- Avoid accusations.
- Understand their perspective.
- Validate their view/ opinion.
- Keep it short and simple.
- Be open and honest.
- Be authentic.
- Timing is everything.



# Tips For Interacting With Teens

Most Importantly:

# Be There and Listen!!!

Tell me your story.  
I'll listen.



# Remember.....

Adolescence is a time  
of rapid change.  
Teens are developing  
physically, mentally  
and socially.





Teenagers need guidance, emotional support, acceptance and understanding.



# Questions And Comments