Terms

- Abstract thought: The capacity to consider "what if" situations, to create sophisticated arguments, and to reason from different points of view

- Adolescent: Teen

- Depression: Feelings of intense sadness last for long periods of time and prevent a person from leading a normal life
Terms

- Estrogen: A hormone produced by the ovaries
- Personal identity: A sense of oneself as a unique individual
- Testosterone: A hormone produced by the testicles
Subtitle

Biological, Cognitive, Emotional, Social and Development
Subtitle

Biological Development of Children Teens

Copyright © Texas Education Agency, 2012. All rights reserved.
Script: During puberty it is common for teens to grow an average of 3 – 5 inches per year. Weight can vary greatly as societal expectations for girls can have a profound impact on a girl’s perception of beauty. The averages on the slide are for an average 18 year old.
Sexual Development

- Boys
  - Puberty begins between 13 and 15 years
    - Begins with production of testosterone
    - Changes
      - Increased body hair
      - Production of sperm

Script: Puberty, in boys, usually occurs two years after it does in girls.
Sexual Development

- Girls
  - Puberty begins between 11 and 12 years
    - Begins with production of estrogen
    - Menstruation

Script: As girls enter adolescence, they begin menstruation. During this time, girls may experience weight gain.
Nutrition

- Eat a well balanced diet
- Remain physically active
- Get plenty of sleep

Script: It is important for teens to eat a well balanced diet while going through puberty to support growth and development. Teens should remain physically active for a healthful lifestyle. They also need adequate sleep for growth, development and optimal performance in school.
Cognitive Development of Teens
Cognitive Development

- Abstract thinking
- Capable of better judgment

Script: Teenagers are capable of abstract thinking and can exercise better judgment than in earlier years.
Emotional Development of Teens
Emotional Development

- Personal identity
- Desire for independence

Script: Teenagers are constantly seeking to discover their own personal identity. They also crave independence and freedom.
Emotional Development of Teens
Script: Adolescences experience a wide array of emotions that stem from the hormones racing through their bodies and societal pressures. Depression and anxiety are very common emotions in teenagers.
Script: Teenagers develop social relationships with peers, friends and through dating. During adolescences, teenagers tend to spend more time with their friends than family.
The Influences of Family and Society on Teens
Family Influences

- Teach values and morals
- Provide guidance

Script: Parents and other family members can teach teenagers values, morals and provide guidance when needed. Parents should maintain open lines of communication between themselves and teens to help teens learn trust.
Societal Influences

- Media
- Peers
- Friends

Script: Society plays a crucial part in the development of teens. Through media, peers and friendships, teenagers can learn to further develop their self-concept.
Guidance Techniques for Teens
Piaget’s Theory

- Formal operations
- Abstract thinking
  - “What if” scenarios
  - Can argue from differing points of view
  - Can apply learning to real-world situations

Script: Piaget said children and adults in this stage can think in larger, broader schemes.
Vygotsky’s Theory

- Social interactions
- Zone of proximal development
  - Group assignments

Script: Vygotsky said teenagers developed their thinking abilities from social interactions with peers, teachers and parents. He said teachers could accomplish this goal by assigning group projects.
Resources and References

Images:
- Microsoft Office Clip Art: Used with permission from Microsoft.

Textbook: