The Teen Years

Human Growth and Development
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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
Physical Development

- Boys
  - Height: 70 inches
  - Weight: 150 pounds
- Girls
  - Height: 64 inches
  - Weight: 125 pounds
Sexual Development

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

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

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

- Abstract thinking
- Capable of better judgment
Emotional Development of Teens
Emotional Development

- Personal identity
- Desire for independence
Emotional Development of Teens
Emotional Development

Learning to cope with:

- Depression
- Anxiety
Social Development of Teens
Social Development

- Peers
- Friends
- Dating
The Influences of Family and Society on Teens
Family Influences

- Teach values and morals
- Provide guidance
Societal Influences

- Media
- Peers
- Friends
Piaget’s Theory

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

- Social interactions
- Zone of proximal development
  - Group assignments
Resources and References

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Textbook: