

Preparing for Adolescences

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What then is adolescence?

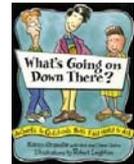
Changing Biology:

1850 girl menstruated on average @ 15, and married @ 18

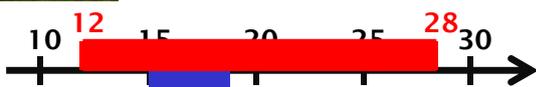
today a girl menstruates on average @ 12, and marries @ 28

Medically definition:

Adolescence ranges between 9 - 24



16 years



3 years



Question

What significant experiences occurred during your formative childhood and teenage years?



Xers - Personal Computer, AIDS, single parent families, multiculturalism, and the downsizing of companies.

Gen Y's - the internet, cable television, glocalisation, September 11 & global terrorism, family dysfunction, and environmentalism

The Millennial Teenager: Digital Natives - personal devices, cyber-space, social media, on-demand viewing, the digital world, cloud, relativism & pluralism, individual truth/experience



According to the ABS how many Australian families have the internet at home?

- a. 56%
- b. 66%
- c. 76 %
- d. 86%**
- e. 96%



According to ACMA (2014) what percent of teens have a smart phone?

- a. 9%
- b. 29%
- c. 49 %
- d. 69%**
- e. 89%



According to Pew Research Centre 18-34 yr olds have how many average # of online friends?

- a. 85%
- b. 156%
- c. 319 %**
- d. 445%
- e. 589%



According to Pew Research Centre 57-65 yr olds have how many average # of online friends?

- a. 85%**
- b. 156%
- c. 319 %
- d. 445%
- e. 589%



According to ACMA (2014) what percent of teens did not access the internet?

- a. 1%
- b. 11%**
- c. 21 %
- d. 31%



The breakdown on how teens interact on a daily basis

Text Messaging	63%
Mobile Phone Calls	39%
Face to Face	35%
Social network Messaging	29%
Instant Messaging	22%
Talking on Landlines	19%
Emailing	6%

Playing an exciting game 2 or 3 hours before bed has been shown to cause sleep and memory problems in young people.



True or False

Anderson CA, Funk JB and Griffiths MD. (eds). 'Video Games and Public Health'. Journal of Adolescence, February 2004; 27(1): 1-122

What percent of Video games has been estimated that contain some violent content?



- a. 9%
- b. 39%
- c. 59%
- d. 89%

Anderson CA, Funk JB and Griffiths MD. (eds). 'Video Games and Public Health'. Journal of Adolescence, February 2004; 27(1): 1-122



How many pornographic search engine requests were made per day?



- a. a few
- b. 8 million
- c. 38 million
- d. 68 million



What Young People Value (Age 11 to 24)

Source: National Survey of Young Australians - Mission Australia

1. Family relationships 74.3%
2. Friendships 59.0%
3. School or study satisfaction 36.9%

A greater proportion of females and of respondents aged 11 to 14 years highly valued these top three items



What Influences Today's Teens?

- Family
- Friendships Core group of 3 to 8 friends
- Social Media
- Popular Culture - Data Bytes - 3000 per day



Issues of Personal Concern

Source: National Survey of Young Australians - Mission Australia

1. School or study problems (37.3%)
2. Coping with stress (35.4%)
3. Body image (33.1%)



Dr Nina Weerakoddy
Deakin University 27 June 2007

Aussie teens overusing mobiles
<http://www.sciencealert.com.au/news/20072706-1>



"Australia has one of the highest rates of ownership among children under 18," she said. "In 2005, mobile phones were owned by 80,000 five to nineteen year olds with half of those being between 13 and 15. "One third were between 10 and 13."





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"Their interactivity makes mobile phone technology different to the TV, Pay TV or the internet as these were more one way, non interactive technologies...
Mobile phones, by contrast, allow the young to be both the victims and the perpetrators of anti social behaviour."



Sunday Mail - 9 Oct 2011, page 7

Kids branded for a Lewd texts

Jason Tin

HUNDREDS of teenagers have been charged over producing or distributing child pornography amid growing concern that the crime has reached epidemic levels.

In the past three years, more than 450 child pornography charges have been laid against youths between the ages of 10 and 17, including 113 charges of "making child exploitation material". More than 160 charges were laid in 2008 alone - 26 more than in 2007.

Parents and communities continue to grapple with the issue of "sexting", where sexual images are exchanged via SMS.

Teens who engage in sexting not only risk legal action but also damage to their future.

Dr Carr-Gregg said a conviction would have a "catastrophic" effect on a teenager's future.

The Sunday Mail reported earlier this year that schools were being overwhelmed by an explosion in smartphone use, with sexting and

to take no action when dealing with a juvenile offender caught with child pornography.

But others can find their names added to the state's Child Protection Offender Register or the Australian National Child Offender Register.

The Sunday Mail reported earlier this year that schools were being overwhelmed by an explosion in smartphone use, with sexting and

In the past 3 years, more than 450 child pornography charges have been laid against 10-17 yr olds




"The youth of today, hear with their eyes and think with their feelings!"
Ravi Zacharias

Entitlement
What we call **selfishness**
They call **self-fulfilment!**





What has happened to my darling little child?



Developmental Timeline

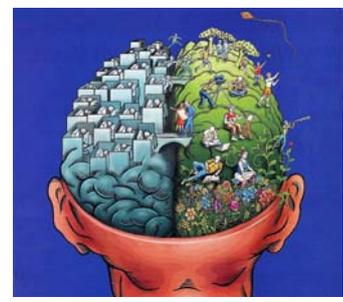


Conception- Birth - 3 - 6 - 12 - 18 - 35+

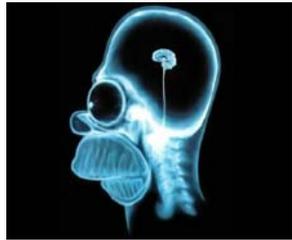
Attachment: **Parents** → **Peers** → **Partners**
Dependence Independence Inter-Dependence



The Adolescent Brain




The teenage brain is NOT an adult brain with less kilometres on it – at best their brain is only about 80% developed

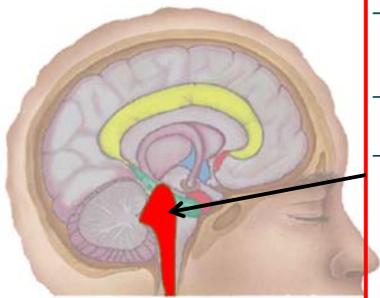


A Time of Great Potential

The new knowledge about the teen brain shows us that adolescence offers perhaps a second chance—or at least an additional one—to unleash the enormous potential and possibilities that lie within a person’s brain and to shape positively that the person’s social, emotional and intellectual development. It means that what happens during their adolescents years important and can have considerable and long-lasting impact on their lives.

Unleashing the Potential of the Teenage Brain: 10 Powerful Ideas. Corbin, 2008

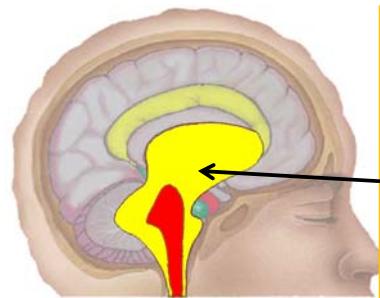
Survival Brain



Automatic Brain

- the first part of the brain to develop
- fastest part of the brain
- runs automatic functions that keep us alive i.e. breathing, heartbeat, digestion
- its #1 job is our survival

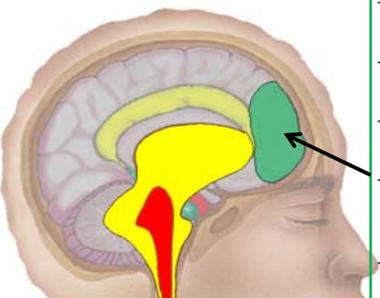
Impulsive Brain



Emotional & Experiential Brain

- next fastest part of the brain
- runs on past experiences & emotions
- fear is its fastest trigger
- fires up our defences
- learns by repetition

Smart Brain

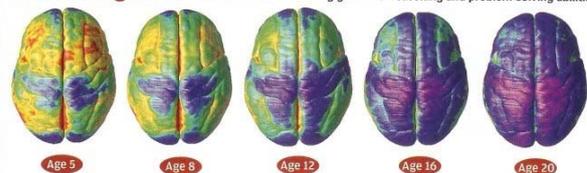


- the last part of the brain to develop
- slowest part of the brain
- helps us to think through decisions
- the first to switch off when under stress
- has the power to override the impulsive brain
- last part to mature

Teen brains mature from back to front

A Maturing Brain

Breakthrough 3D snapshots track brain development throughout childhood, with blue areas indicating growth of reasoning and problem-solving abilities.



Brain Fact #1. Pruning - use it, or lose it

- Early teen years anywhere up 15-20%
- Information often used is deemed important
- Unimportant is forgotten
- 'Monosyllabic grunts'
- General skills can go awry
- Often they are not thinking

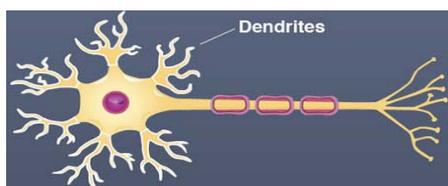


Brain Fact #2. Emotional Overwhelming

- Easily overwhelmed by everyday life
- Feel out of control and disempowered
- Often irresponsible
- Misinterpret social situations
- Misread parents and teachers
- Struggle with motivation and focus



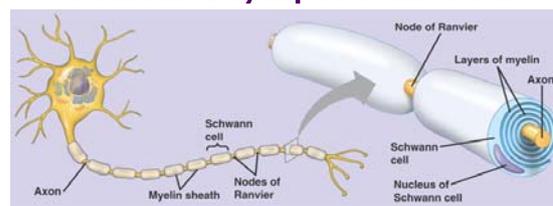
Brain Fact #3. Overproduction of Dendrites and Synaptic Connections



Fast growing synapses and sections that remain unconnected - impulsive behaviour



Brain Fact # 4. Myelination - Insulating Neurons & Synaptic Connections



- Is easily affected by alcohol and drugs
- Completed around 22-24 for girls & 26-28 for boys



Key Points

- Teen brain is large and poorly organised and craves novelty
- It is time of transition from grey matter to white matter - massive change
- Pruning makes them forgetful, disorganised, emotionally unpredictable
- They often misread facial expressions, misinterpret body language and the spoken word
- Maturation is not achieved until 20's

Parenting the Teenage Brain: Understanding a Work in Progress by Sheryl Feinstein (2007)



Key Points

- Their brain is very vulnerable to damage
- Only 5 hours of playing violent computer games will show brain activity with aggressive thoughts
- Computer games emphasize rapid responses in their brain rather than encouraging thoughtful decisions
- 50% have tried drinking by age 14
- 40% of teen deaths in vehicle accidents

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Key Points

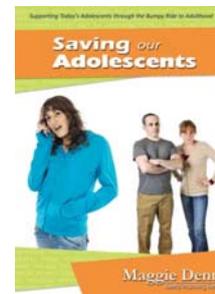
- Many teens flourish in spite of all that is happening
- Exercise & good sleep can help
- They need more sleep than pre-teens & adults
- 70% of them have difficulty waking up in the morning
- Close bonds with parents means that they are less likely to drop out of school

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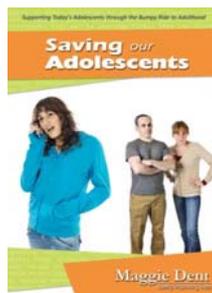
What Doesn't Work

- Lecturing
- Nagging
- Poor Timing
- Arguing
- Unkindness
- Criticism
- Shouting



What Doesn't Work

- Manipulation
- Guilt Games
- Any physical Abuse
- Ignoring or Freezing Them Out - especially boys
- Using 'Always', 'Never', 'It's Easy!', or 'It's Going to be Hard' as a predictor



A Strategy with Teens

1. Don't React
2. Don't Personalise
3. Tactically Ignore
4. Call the 'Power Play' for what it is
5. Decide what you want
6. Expect a reaction
7. Return to point #1



Questions

Clarification

Reactions





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