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18th July

PARENTING TEENAGERS



What is adolescence?

Aristotle: “youth are heated by Nature as drunken men by wine”

Socrates: “inclined to contradict parents and tyrannize their teachers”

G.S. Hall (1904) a period of heightened “storm and stress”

1960s and 1970s: attempts to understand the problems as due to “raging hormones”

ADOLESCENCE

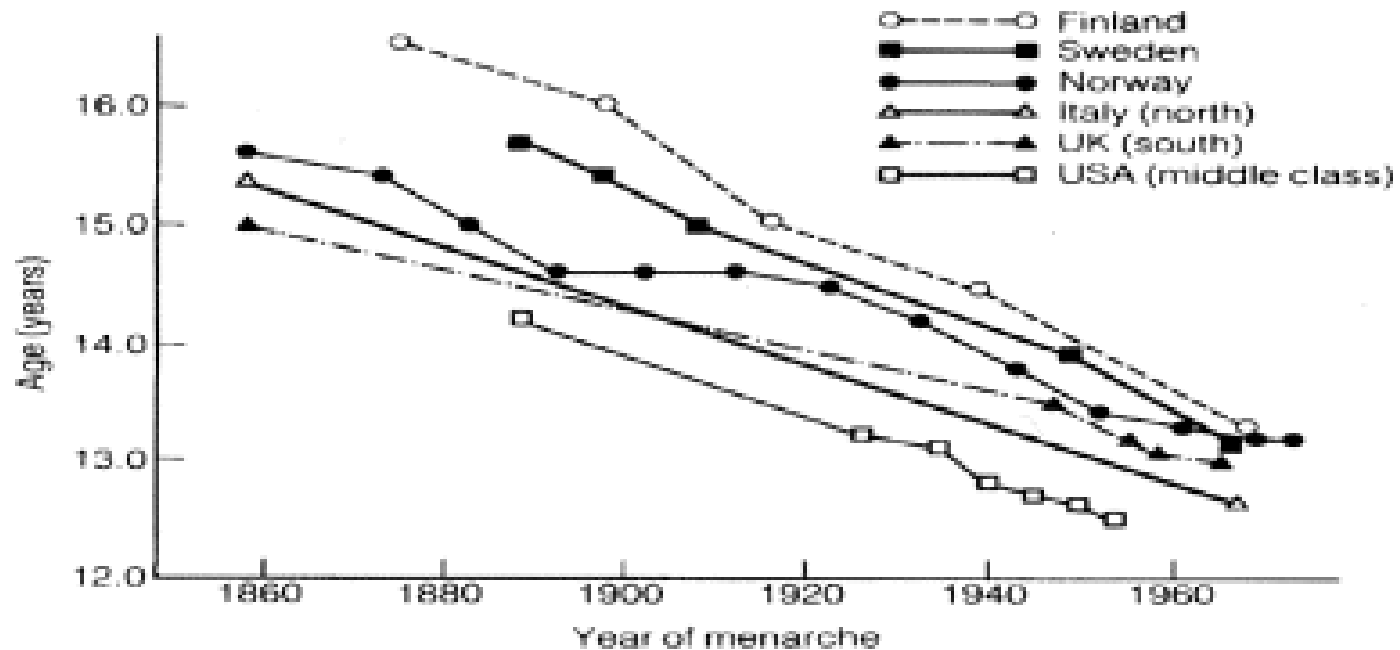
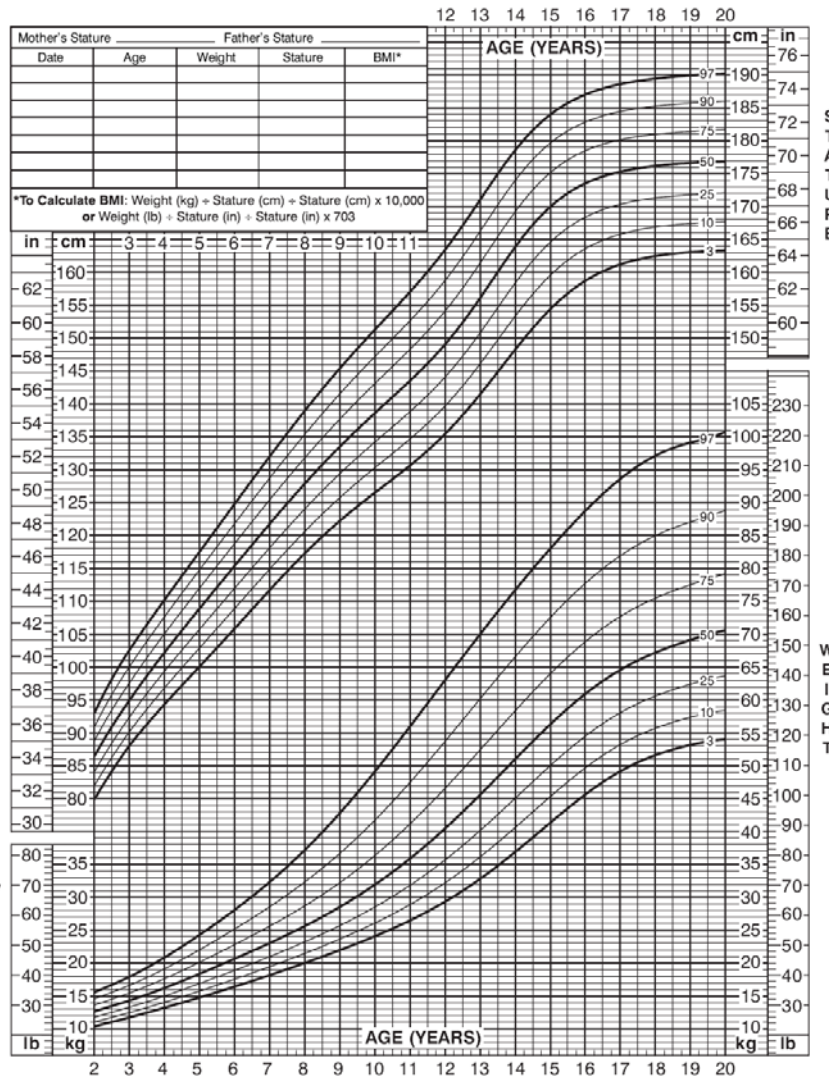


FIGURE 2. Age at menarche, 1860–1970. (Data from Tanner.⁹)

2 to 20 years: Boys
Stature-for-age and Weight-for-age percentiles

NAME _____ RECORD # _____



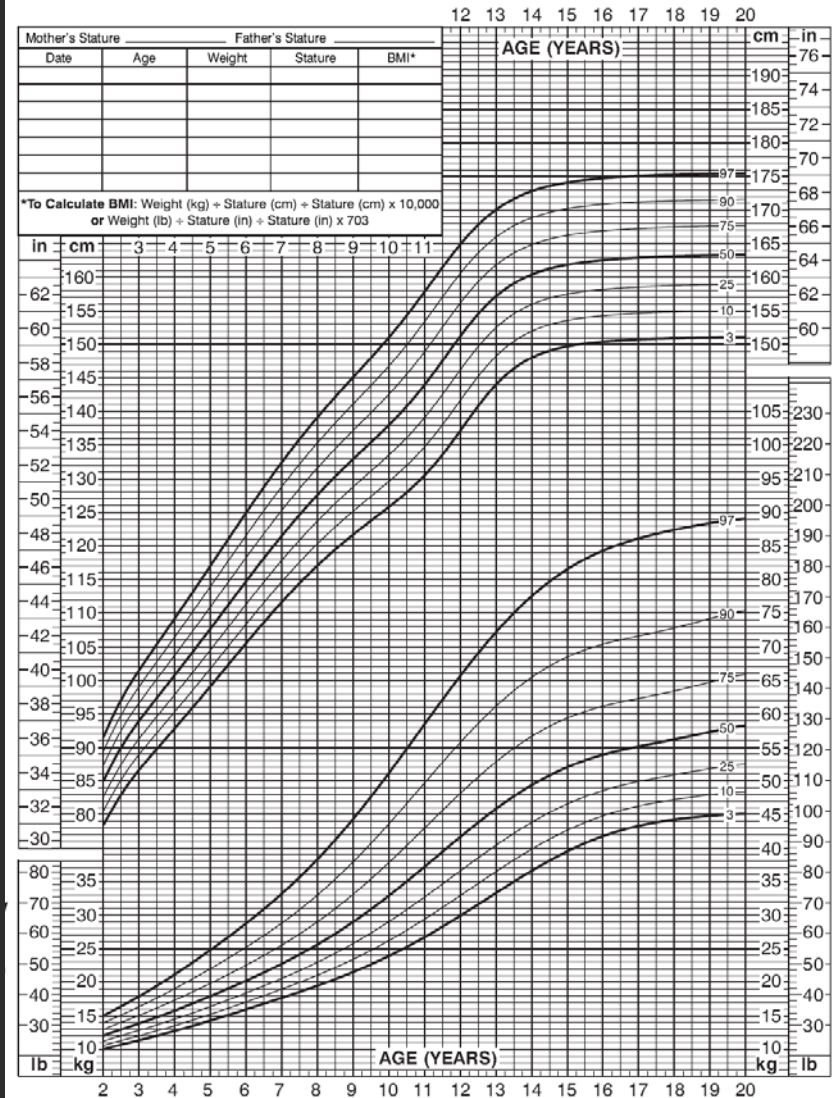
Published May 30, 2000 (modified 11/21/00).
SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).
<http://www.cdc.gov/growthcharts>



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2 to 20 years: Girls
Stature-for-age and Weight-for-age percentiles

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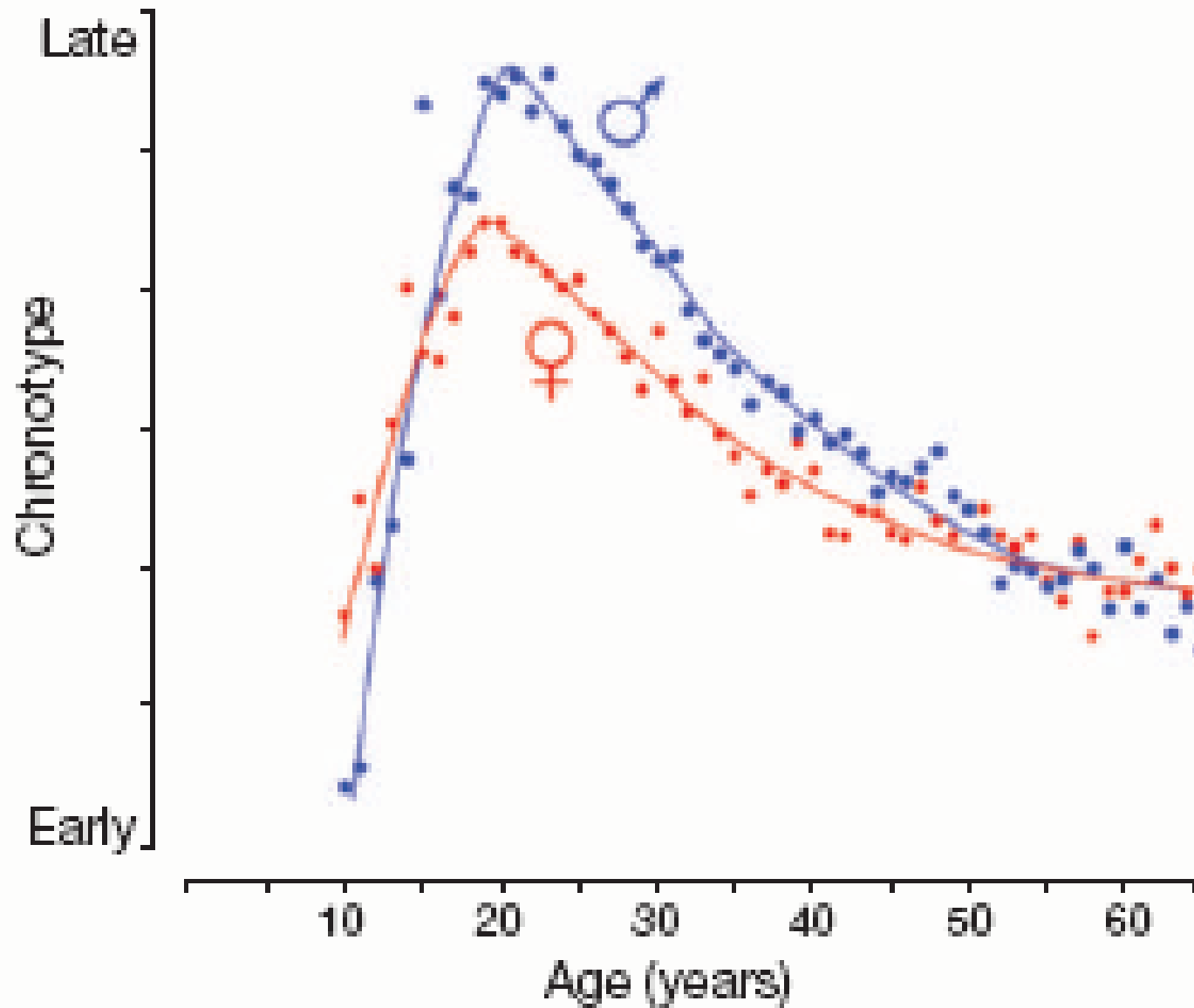
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“At your age, Tommy, a boy’s body goes through changes that are not always easy to understand.”



Youth Development - Konopka

Qualities of Adolescence

Drive to experiment mixed with inexperience → audacity and
insecurity

Intense emotional experiences

Ambivalence and argumentative

Inconsistent expectations of adult behaviour

Strong peer group need

Concrete → Formal Operational Thought

The ability to reason hypothetically

The ability to think about thinking

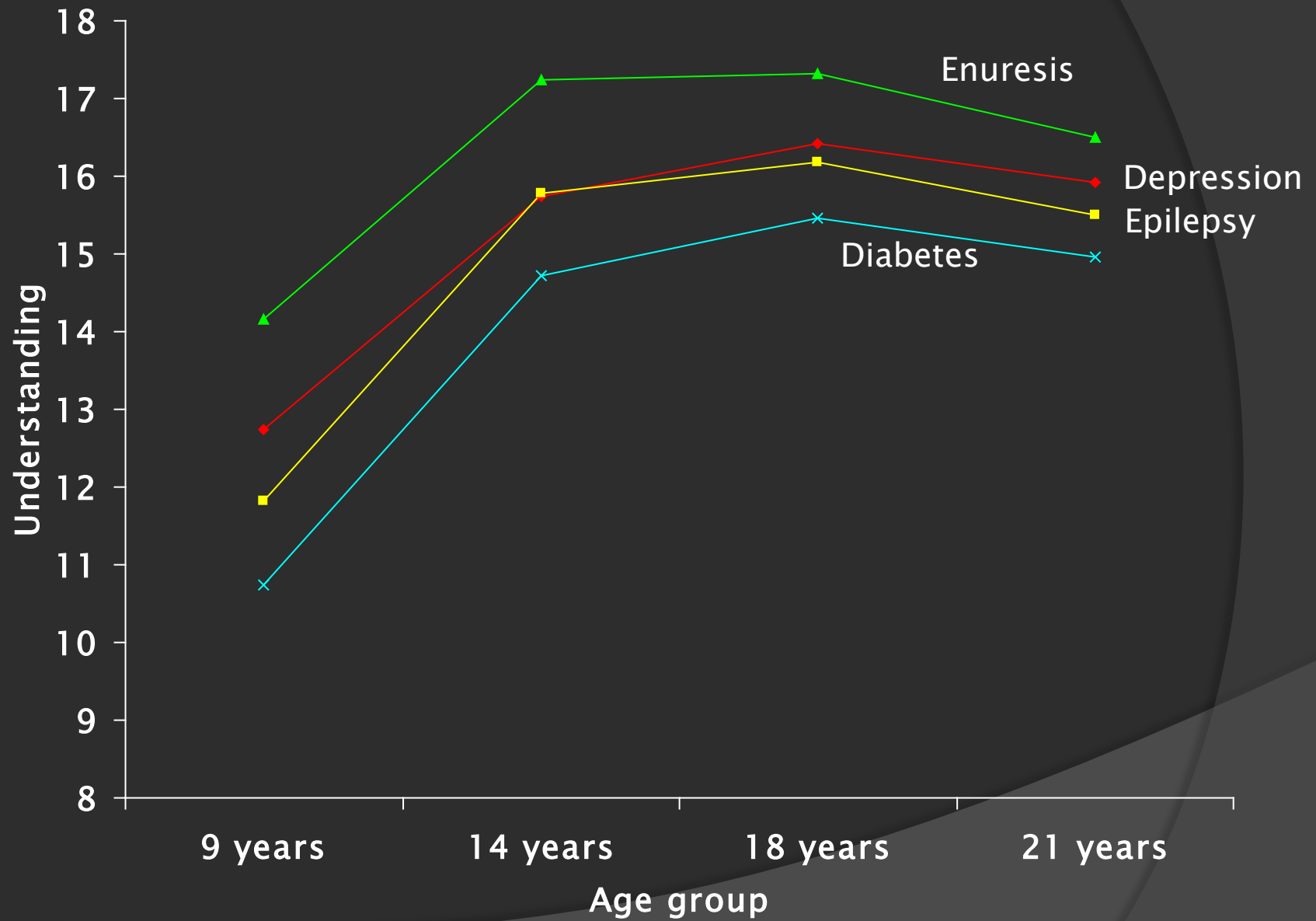
The ability to plan ahead

The ability to think beyond conventional limits

Cole and Cole 1993

50% adults operating in this stage most of the time

Kuhn 79; Arlin 75; Sloman 1996



Development

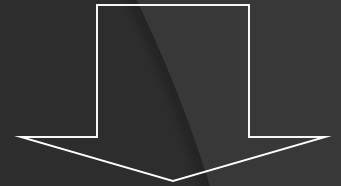
Human development takes place through processes of progressively more complex reciprocal interactions between the developing person and their environment

Bronfenbrennar

We believe adolescents are persons with specific qualities and characteristics who have a participatory and responsible role to play, tasks to perform, skills to develop at that particular time of life. The degree or extent to which an adolescent experiences such responsible participation will determine and maximise his human development

Konopka 1973

Attachment and Neglect

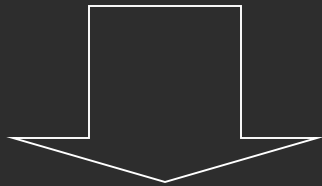


Development requires caregivers

Intellectual Development

Behavioral psychology

Social Learning theory

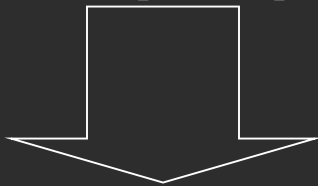


Behaviour can be learned

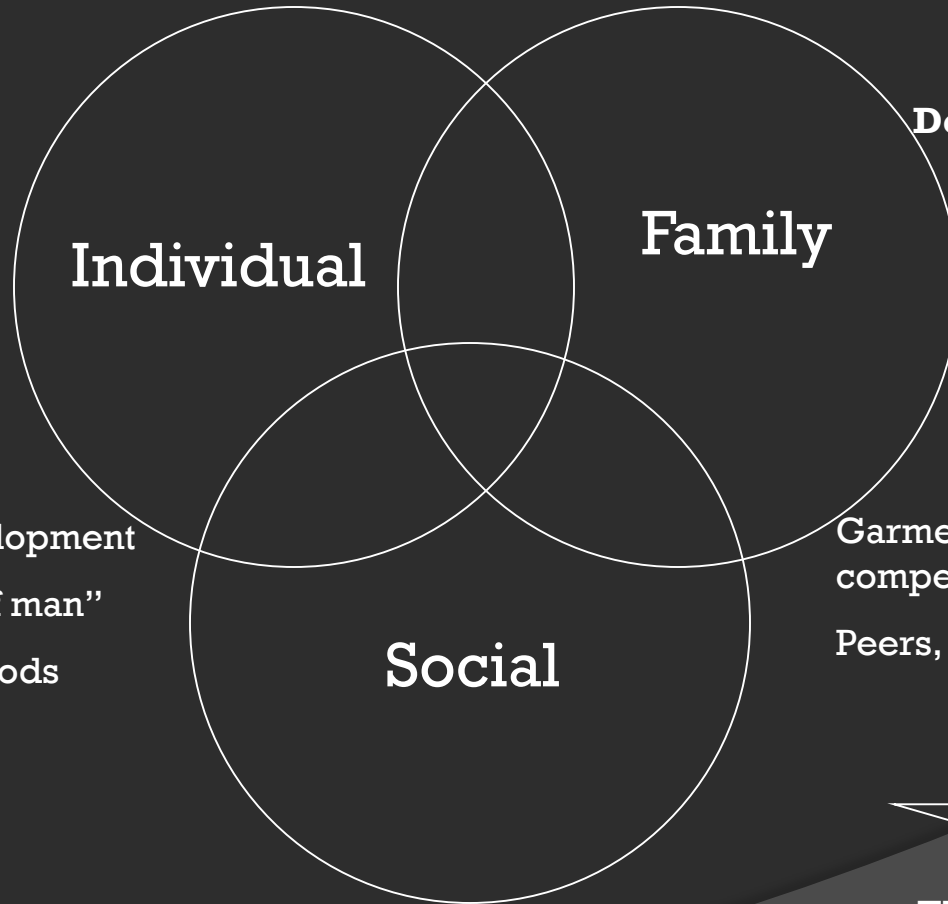
Freuds Psychosexual development

Erik Erikson "eight ages of man"

Piaget four sequential periods

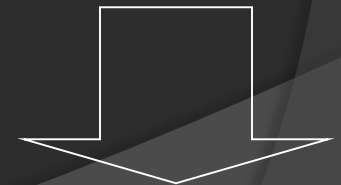


Development is a stepwise process



Garmezy's hallmarks of competence

Peers, education and work



The context for development is within communities and society

Healthy Youth Development - Konopka

“Just as cruelty spurs cruelty, so does love breed love “

Key issues of adolescence

Experience of physical sexual maturity

Increasing autonomy → moving toward interdependence

Consciousness of self in interaction

Re-evaluation of values

Experimentation

The Youth2000 Survey Series

1. National Secondary School Student Surveys

2001 - 9,699 adolescents

2007 - 9,107 adolescents

2012 - 8,500 adolescents

2. School Climate Surveys

2007 School Climate

2012/13 School Climate

3. Alternative Education Surveys

2009 - 335 adolescents

2000 – 268 adolescents

4. Teen Parent Unit Survey

2006 - 220 adolescents

5. Wharekura Survey

2007 – 22 kura and 677 taiohi*

www.youthresearch.auckland.ac.nz

*confidential report

	2001		2007		2012	
Schools	114 (86% response)		96 (84% response)		91 (73% response)	
Decile	n	%	n	%	n	%
low	26	22.9	15	16.3	26	28.6
med	49	43.1	52	56.5	36	39.6
high	39	34.2	25	27.2	29	31.9
Students	9,567 (73% response)		9,107 (74% response)		8,500 (68% response)	
Gender	n	%	n	%	n	%
Male	4,414	46.1	4,911	54.0	3,874	45.6
Female	5,152	53.9	4,187	46.0	4,623	54.4
Ethnicity	n	%	n	%	n	%
Māori	2,325	24.7%	1,702	18.7%	1,701	20.0%
Pacific	768	8.2%	1,178	10.2%	1,201	14.1%
Asian	679	7.2%	1,310	12.4%	1,051	12.4%
NZ Euro	5,219	55.4%	6,871	52.8%	4,024	47.7%
Other	417	4.4%	817	5.8%	511	6.0%
>1 ethnic groups	29%		39%		42%	



INTRODUCTION

Intro 1 2 3 4 5 6 7 8 9 Finish

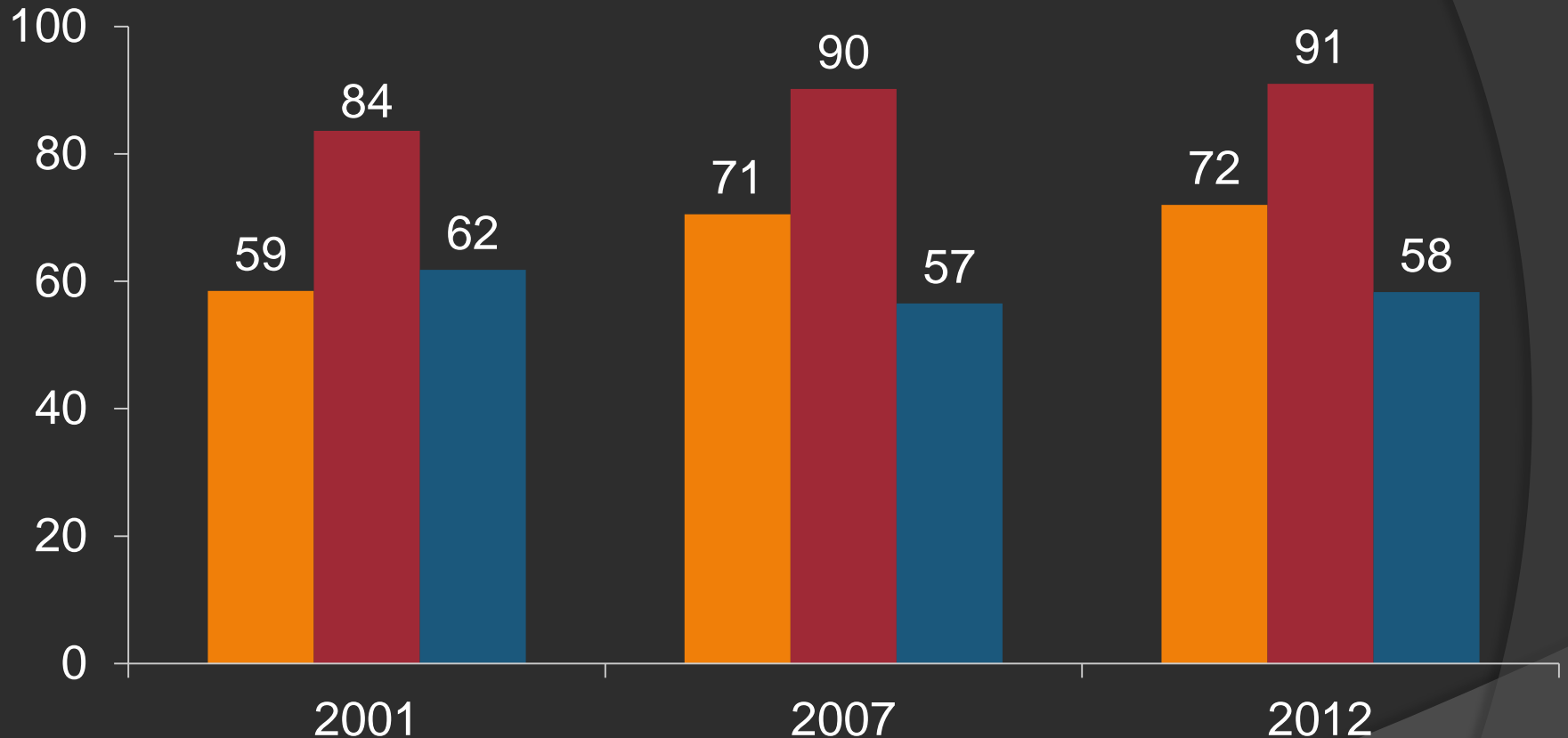
How old are you?

- under 12 years
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- over 19 years



Changes over time

Family Relationships

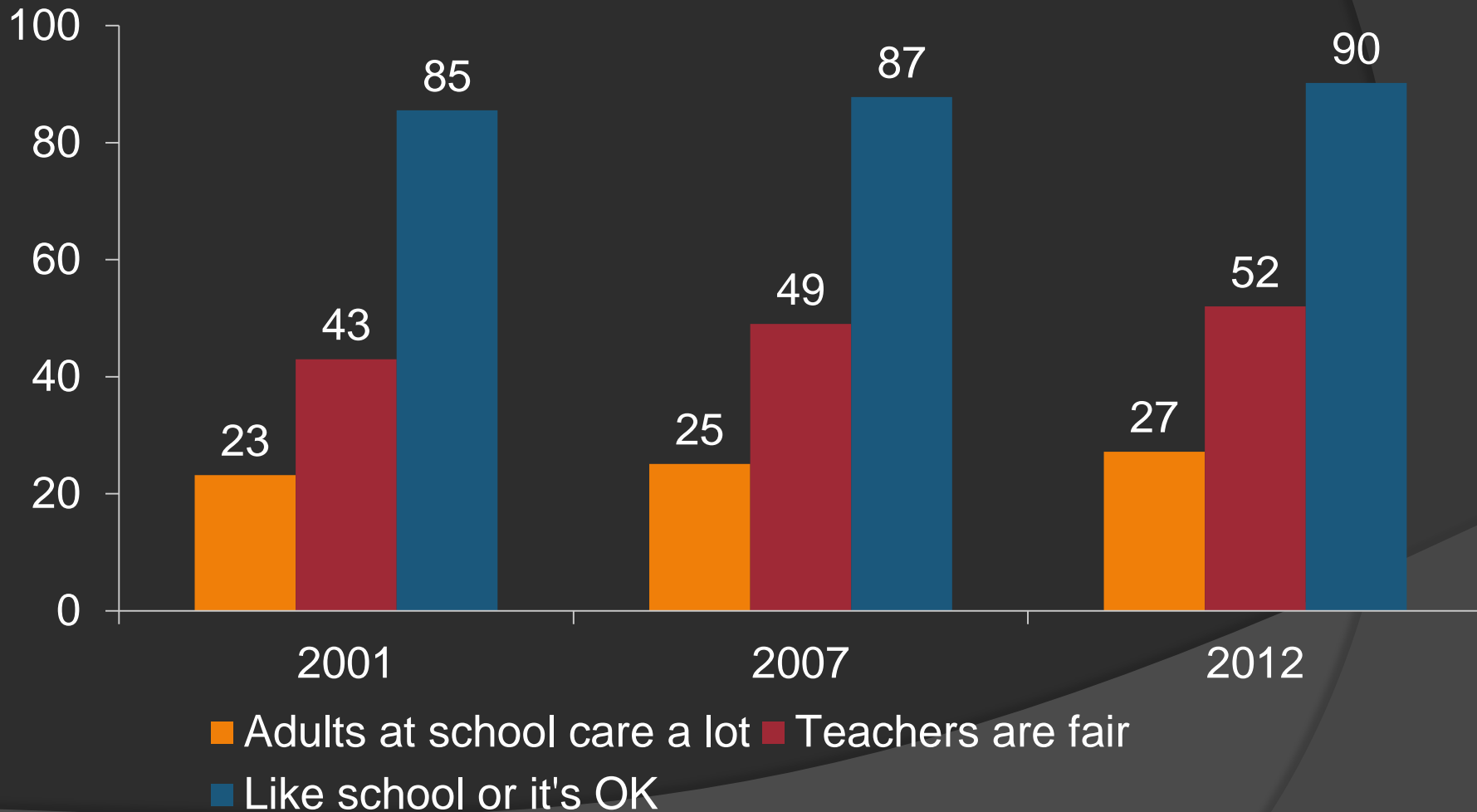


■ Happy how family get along

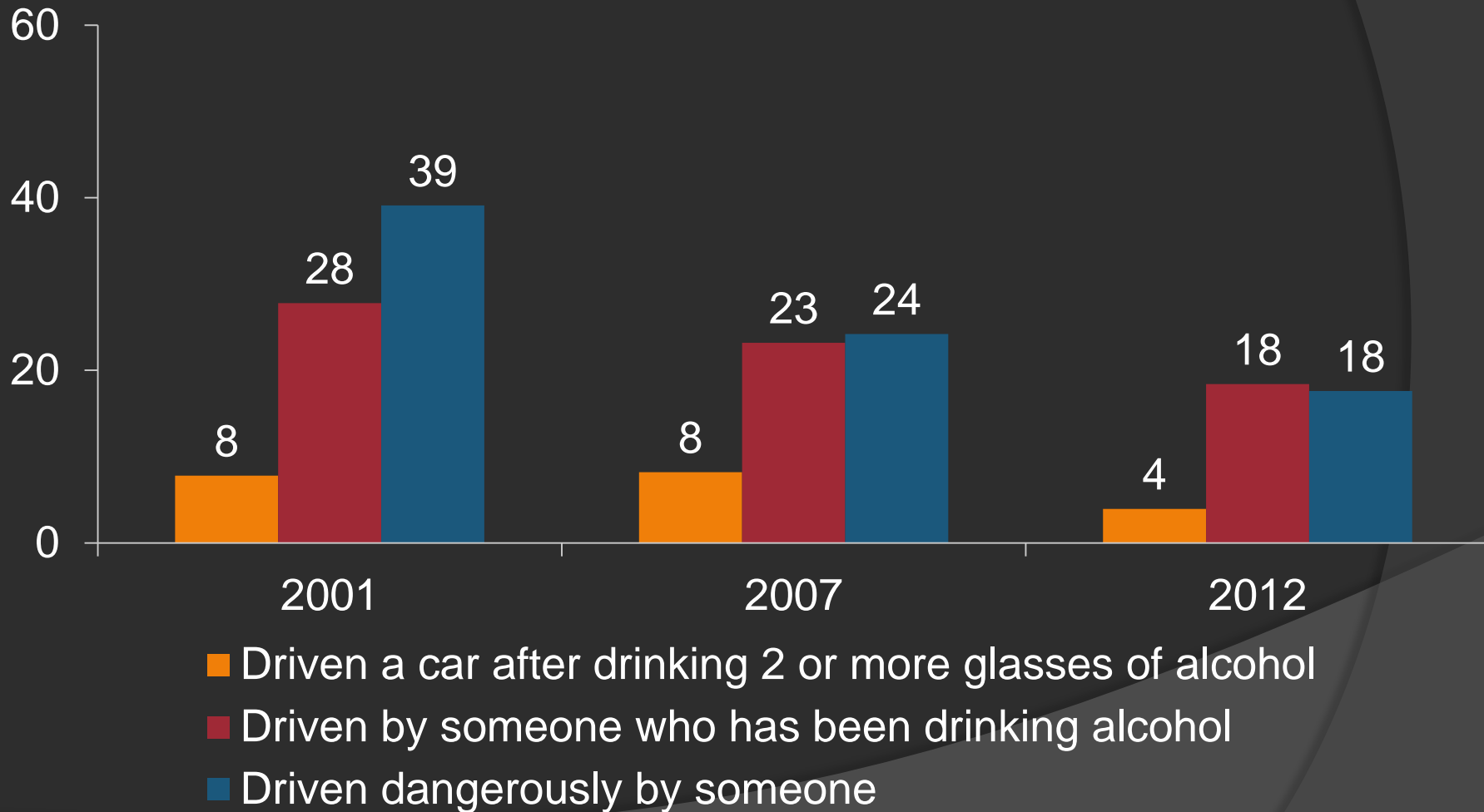
■ Parent wants to know where you are & who with

■ Spend enough time with at least one parent/person who acts as a parent

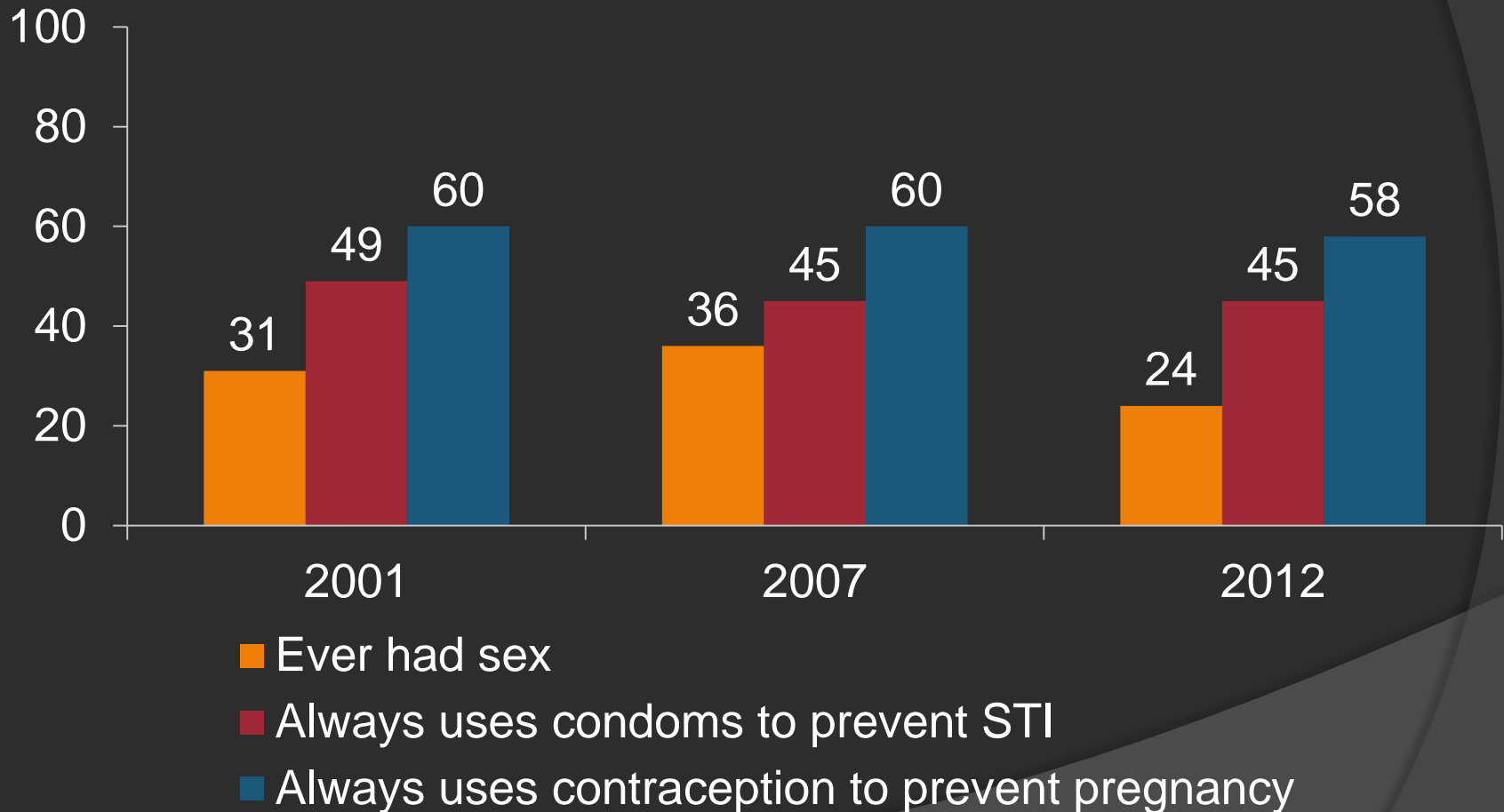
School Relationships



Risky driving behaviours

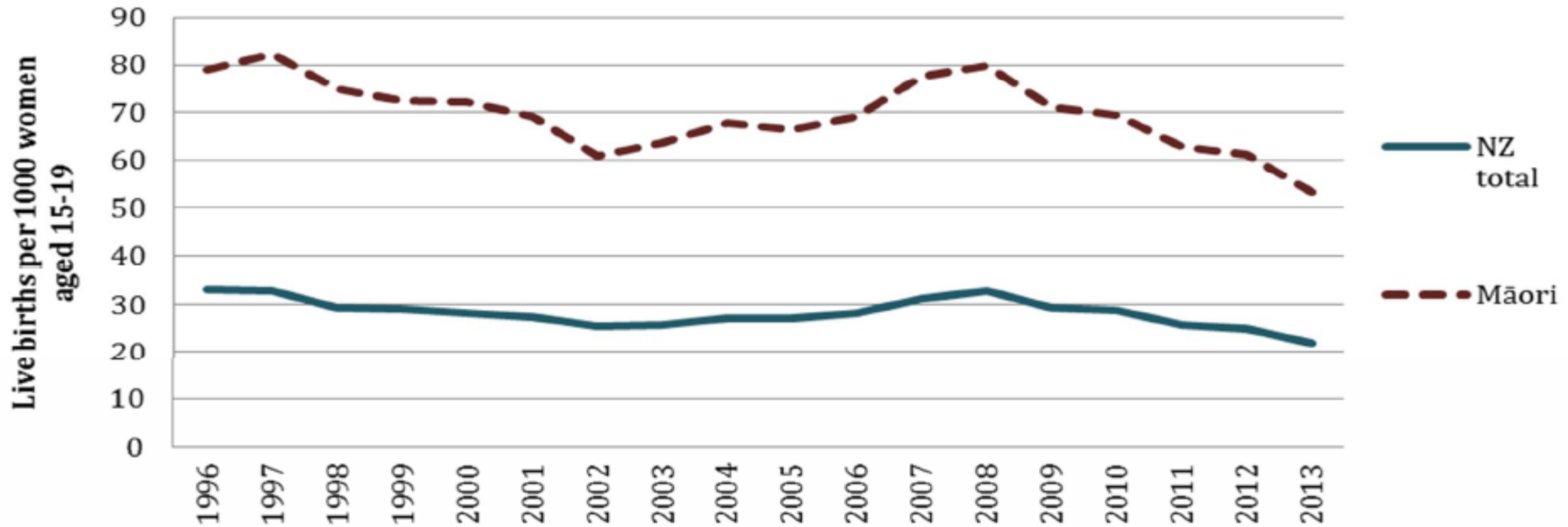


Sexual and reproductive health



New Zealand Teenage Birth Rates

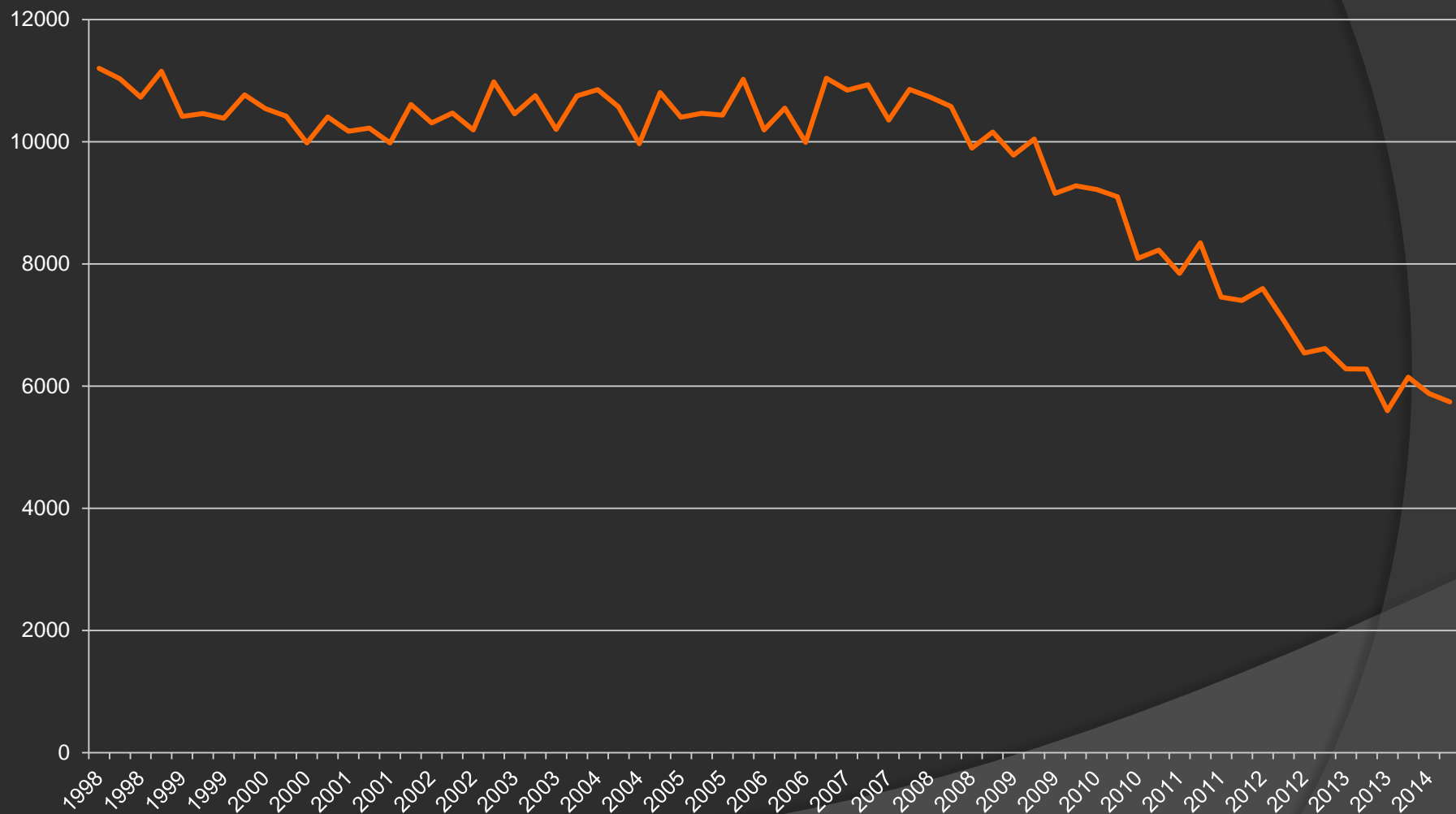
Total NZ and Maori aged 15 – 19 years



Source: Statistics New Zealand Vital Statistics annual data online through Infoshare.

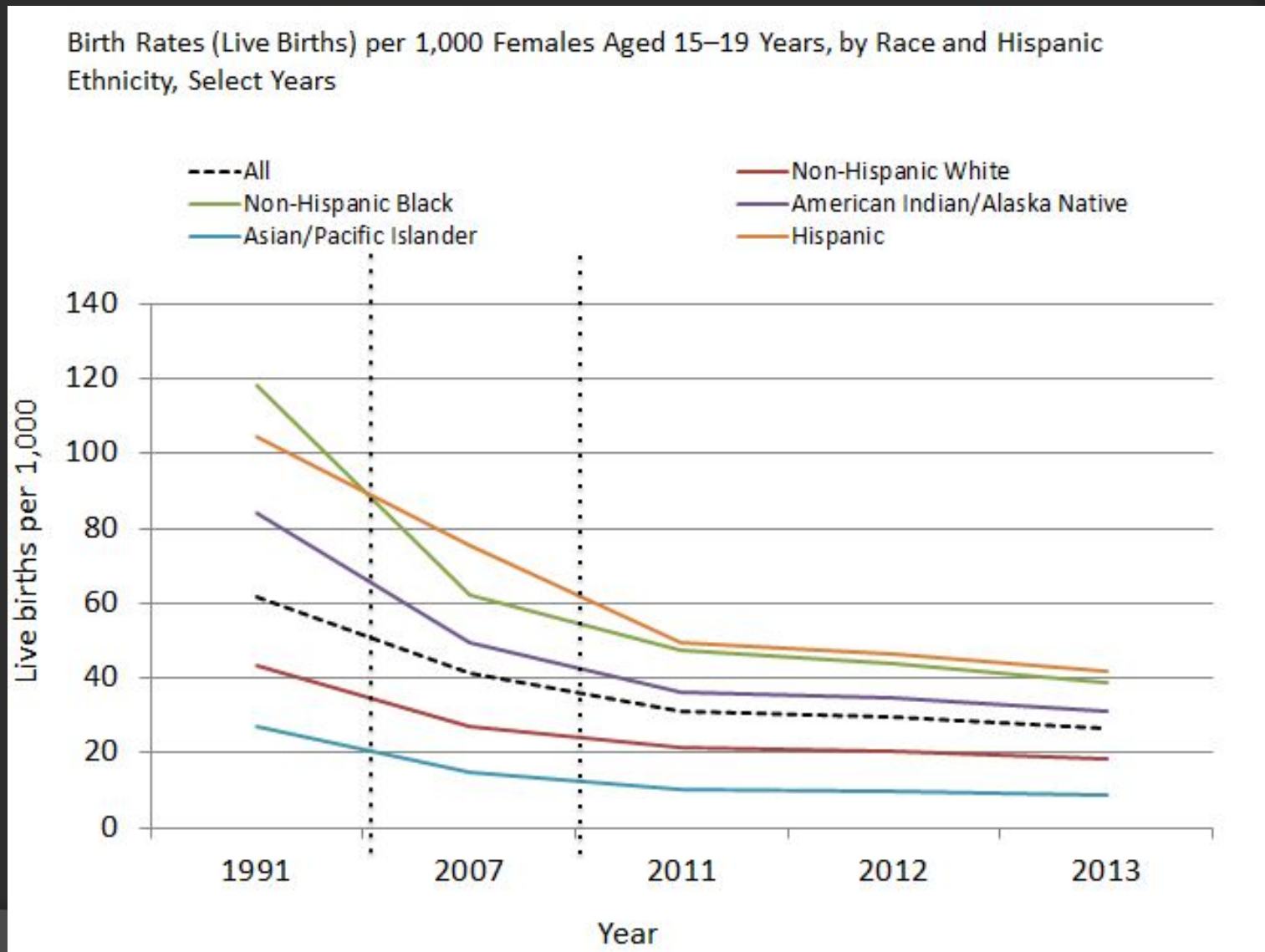
England and Wales

Quarterly conceptions to women aged under 18

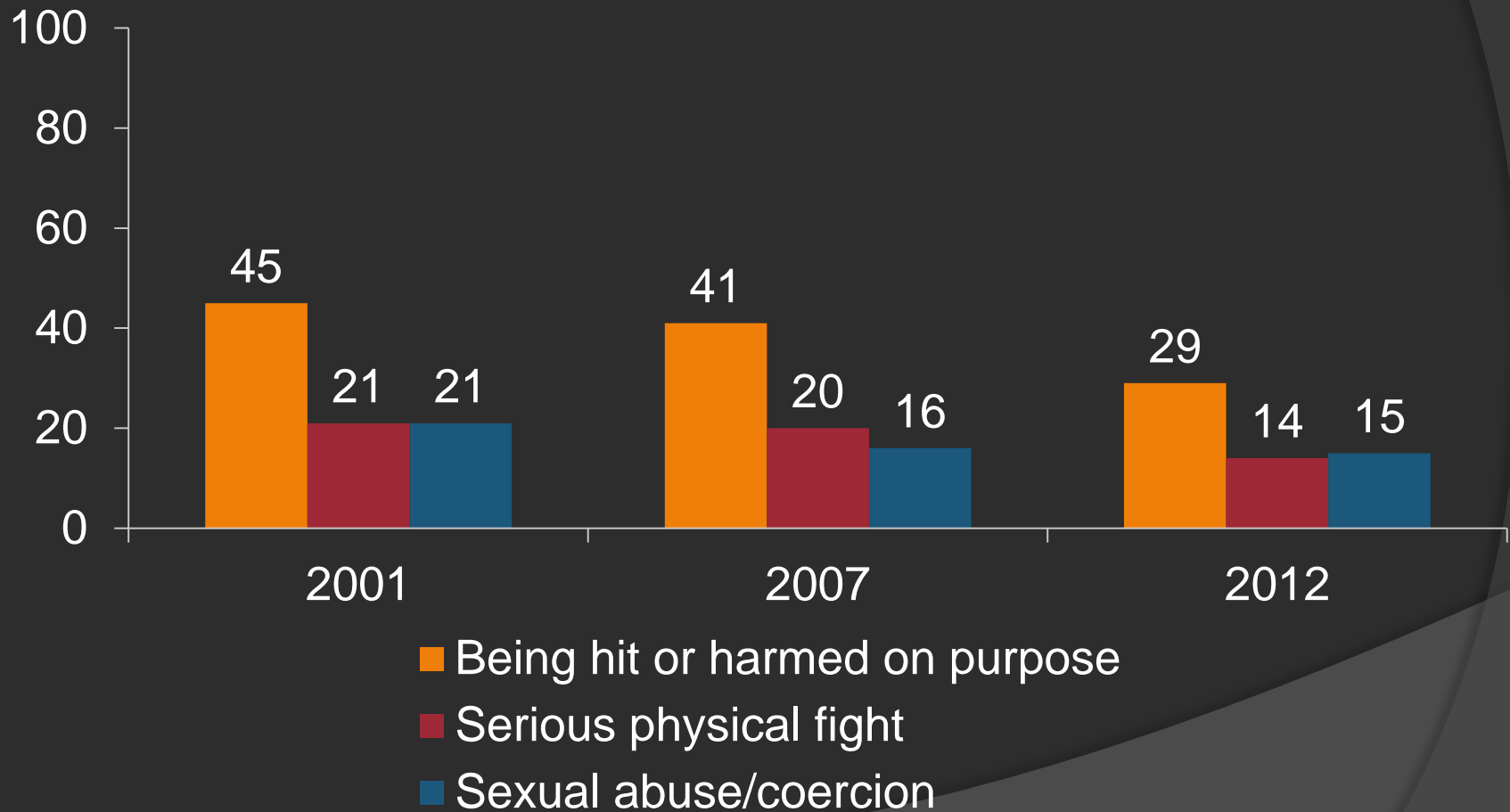


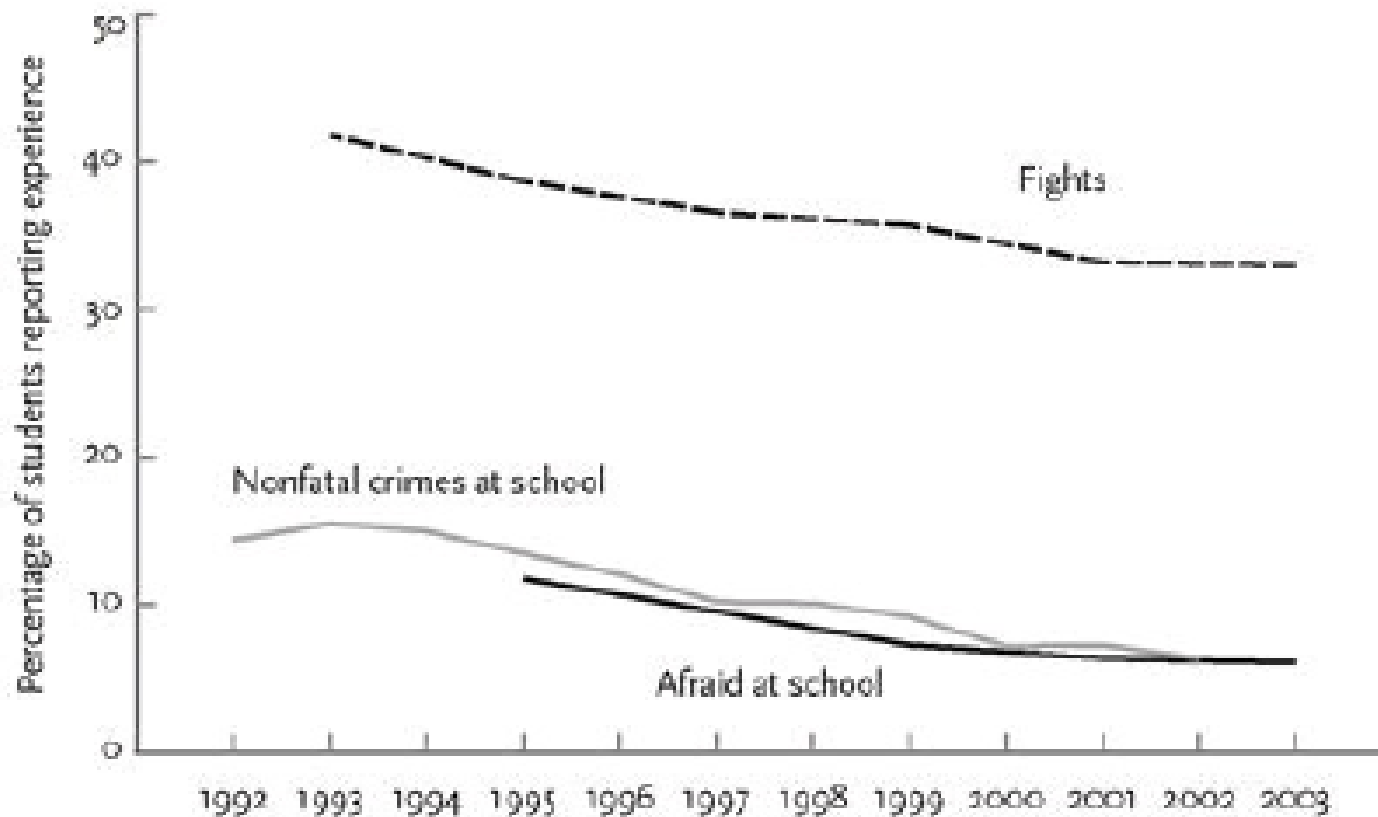
US Teen Pregnancy Birth rates

Birth rates (live births) per 1,000 females aged 15 – 19 years



Violence

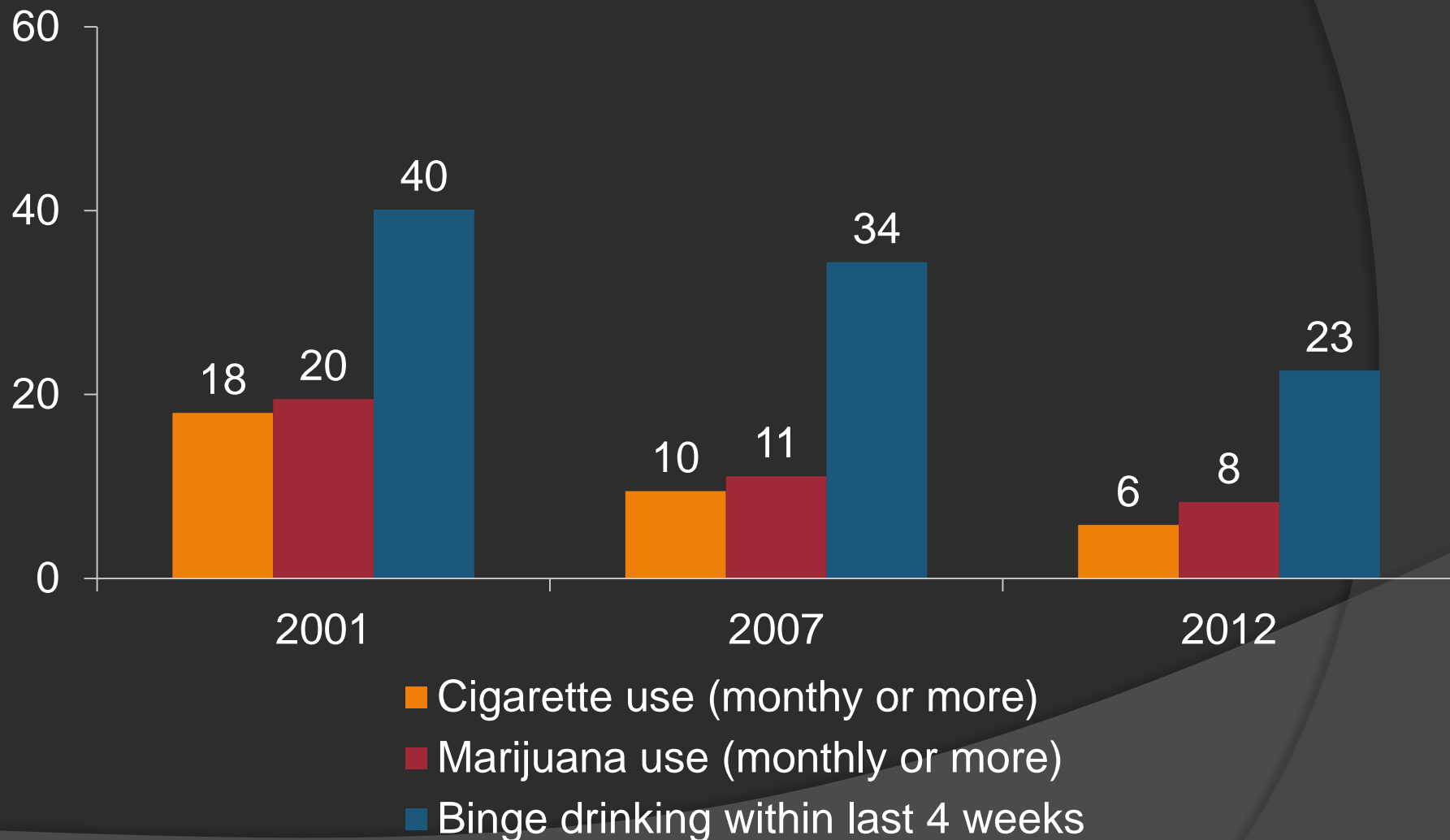




Violence against youth in the United States, 1992 – 2003

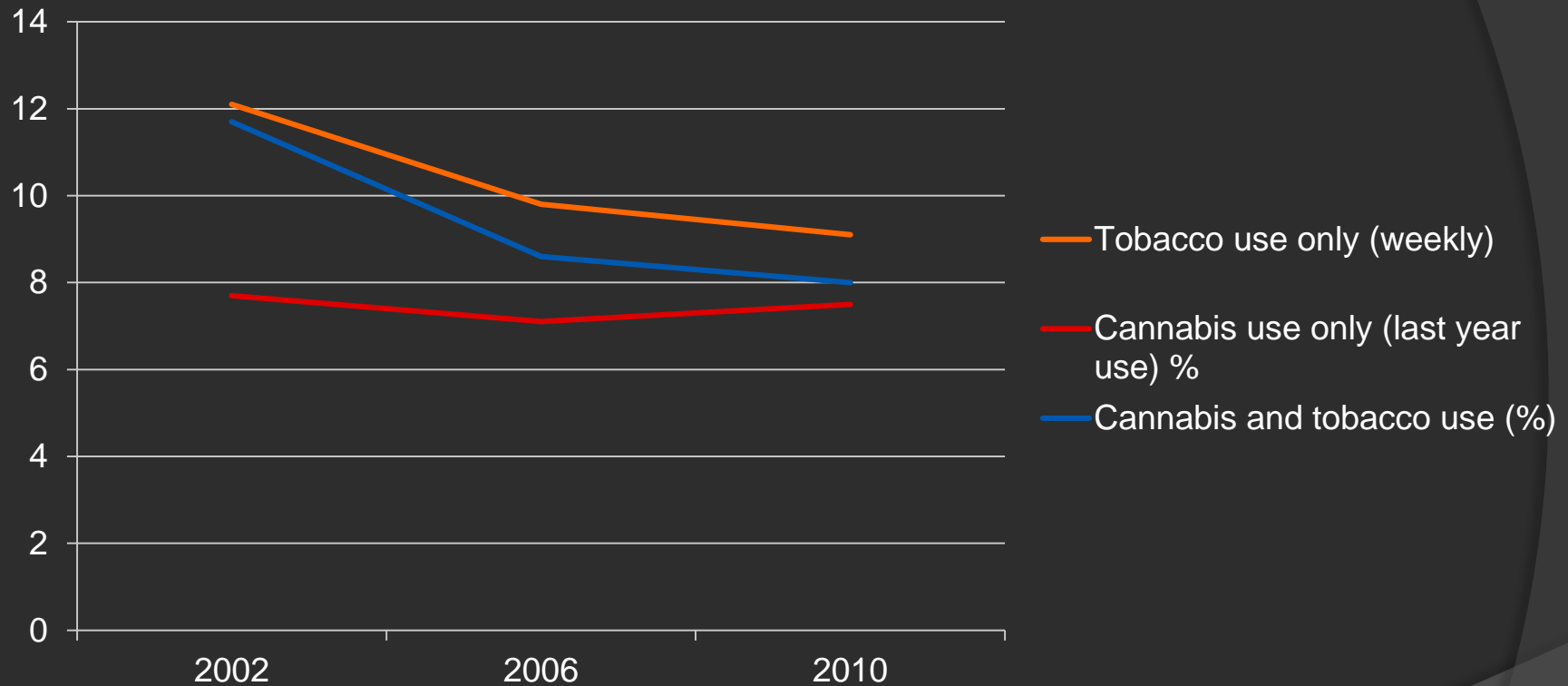
Source: Data from De Voe et al, 2004

Substance use



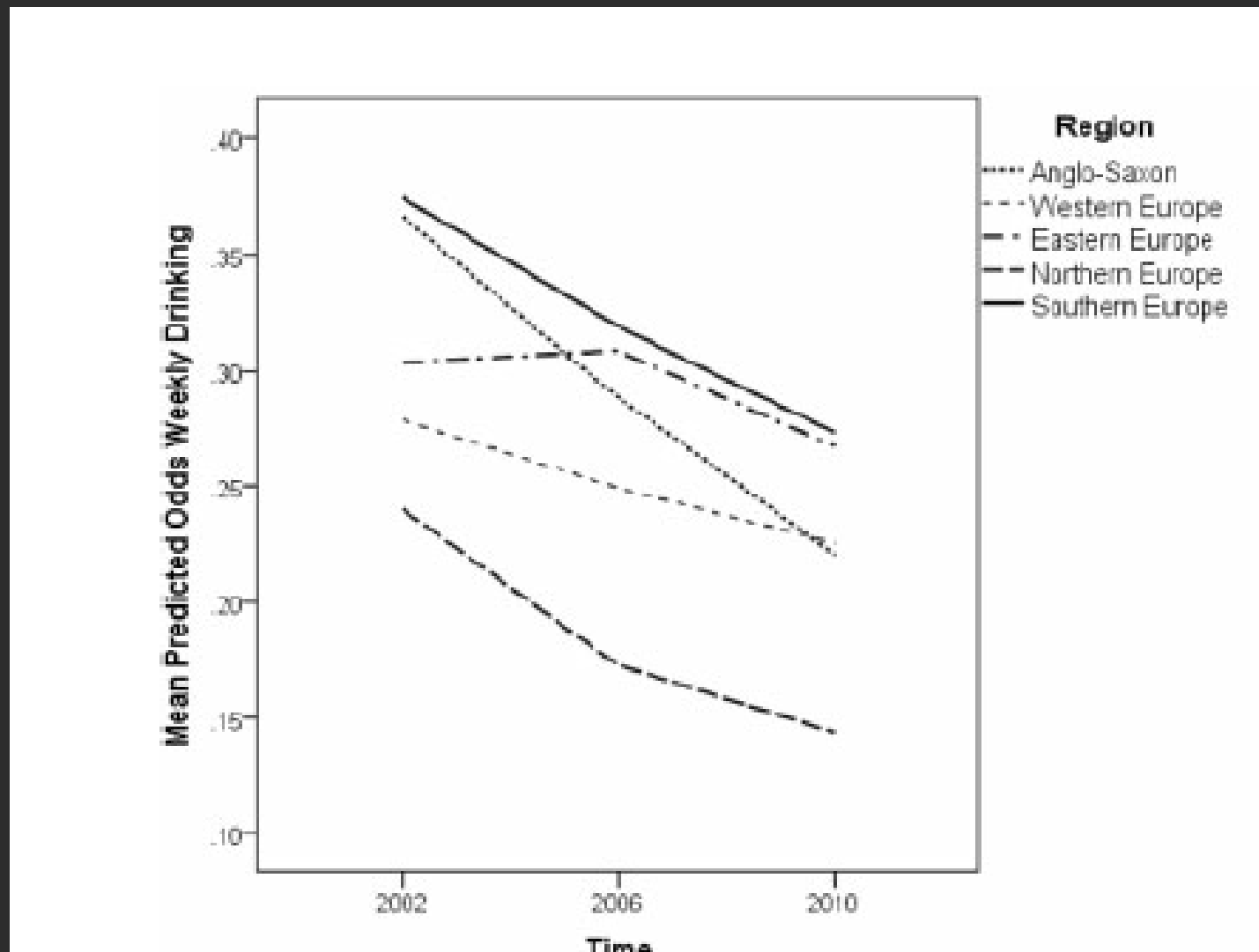
Tobacco and Cannabis Use Trends

Source: Health Behaviour in School-Aged Children study

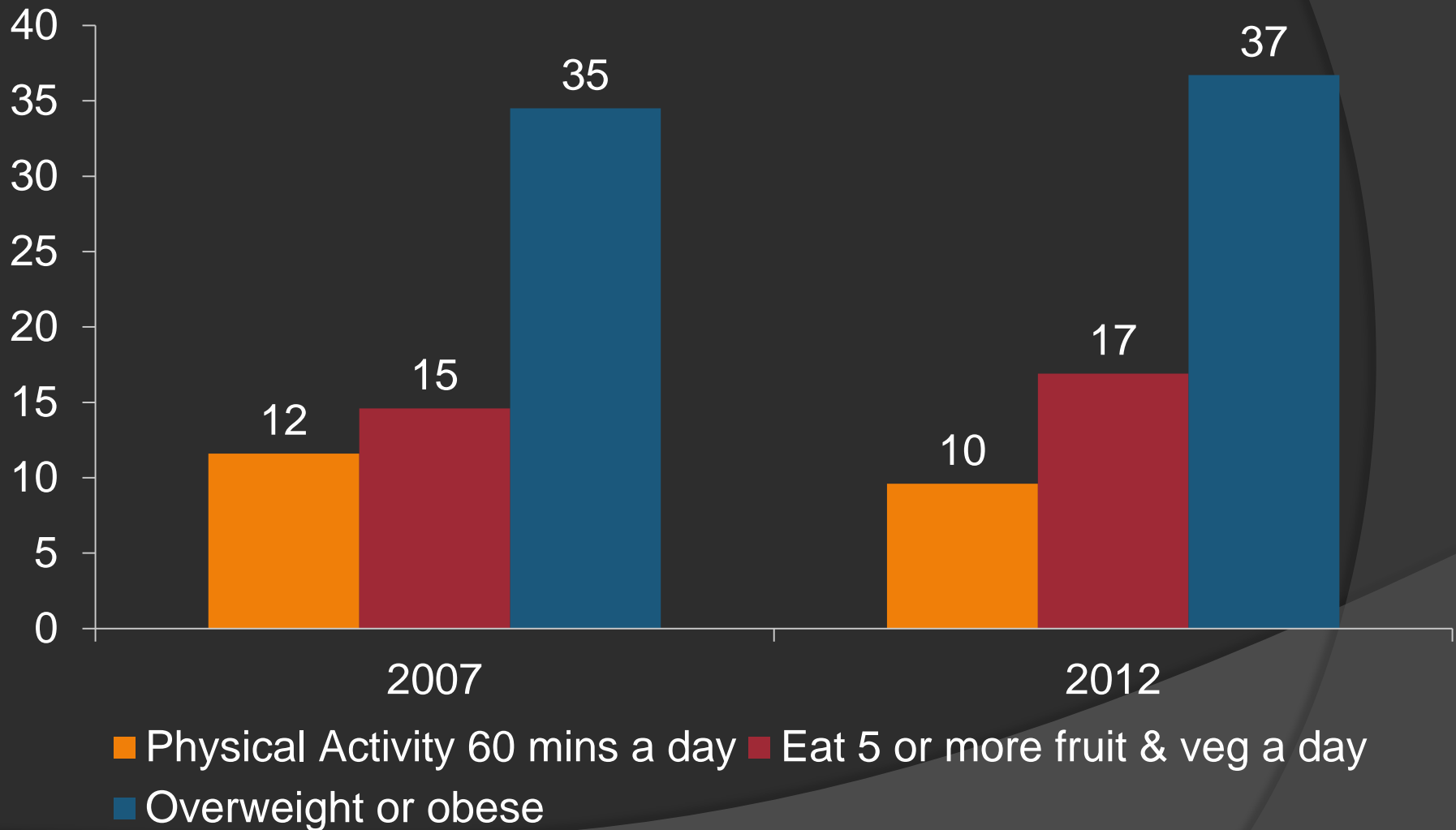


Weekly drinking – evidence from 28 countries

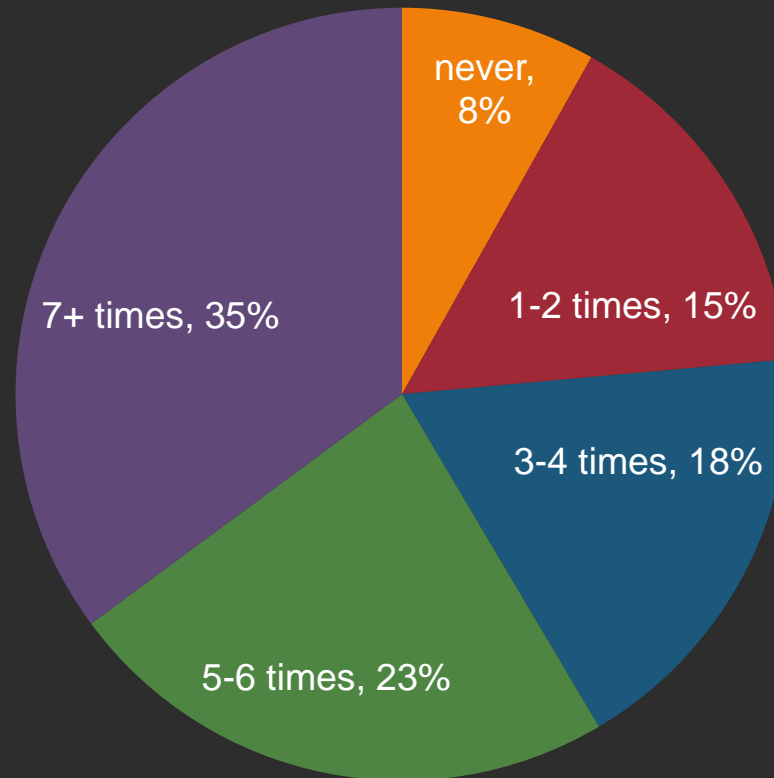
Source: Health Behaviour in School-Aged Children study



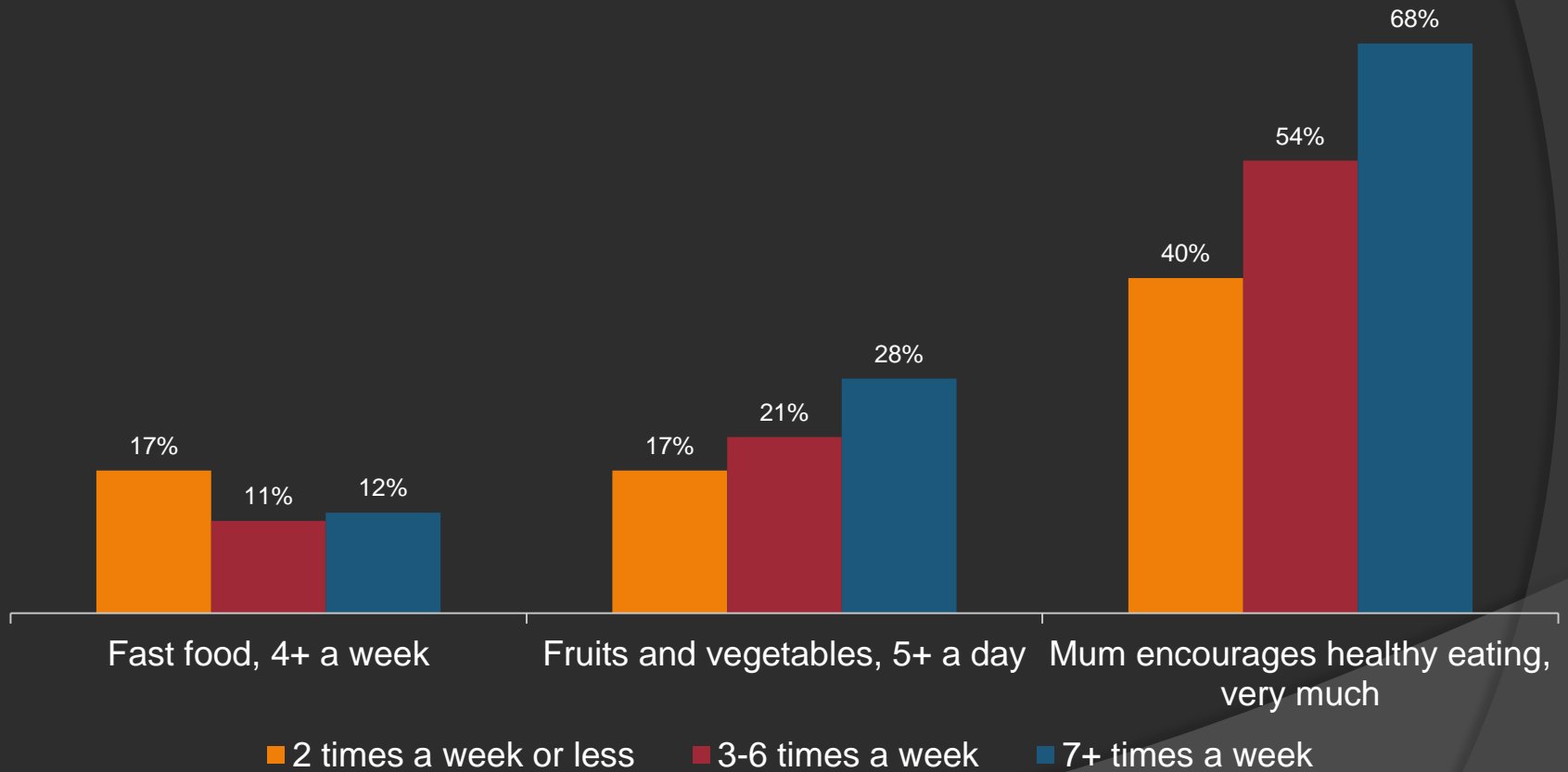
Activity, food and body size



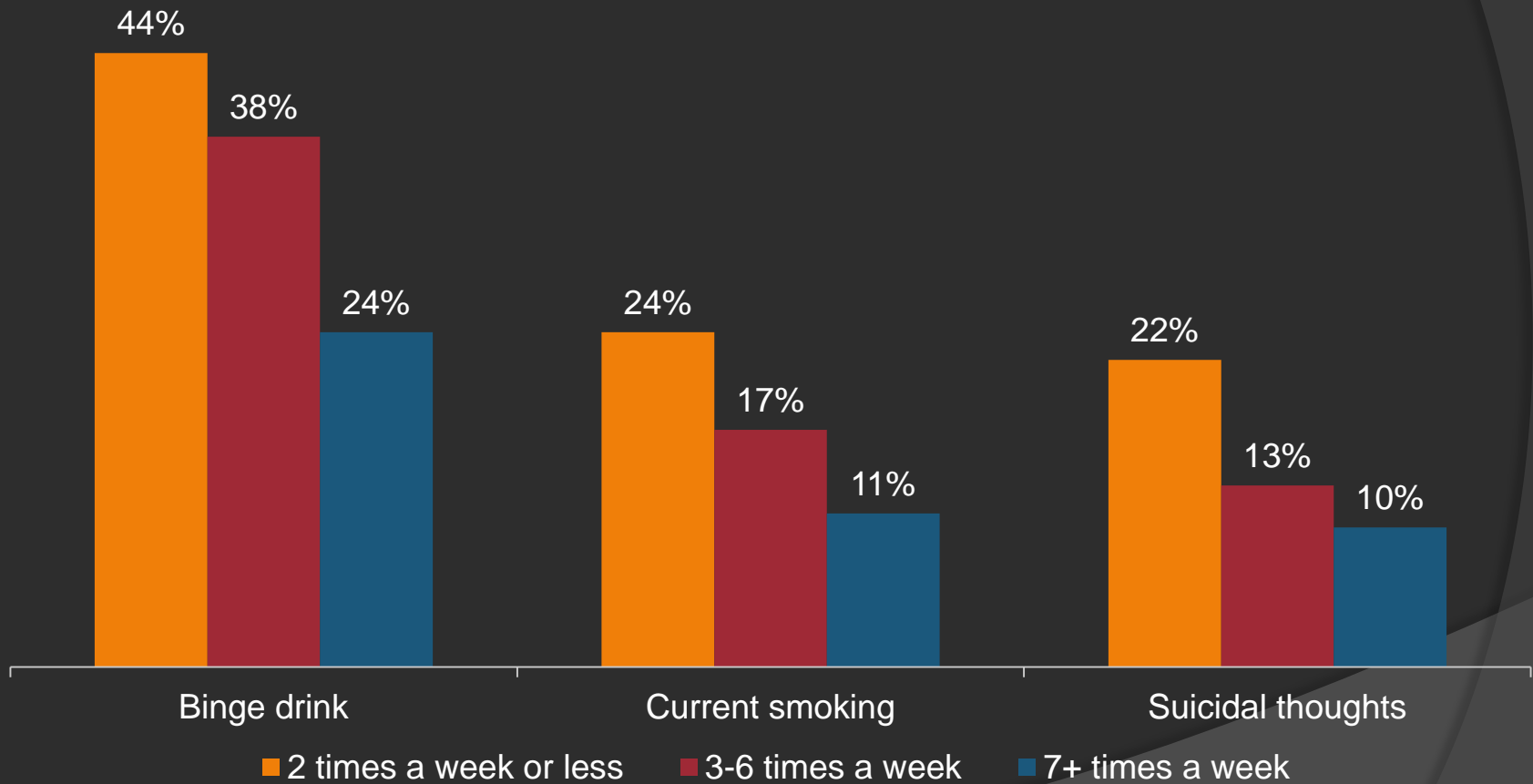
Frequency of family meals



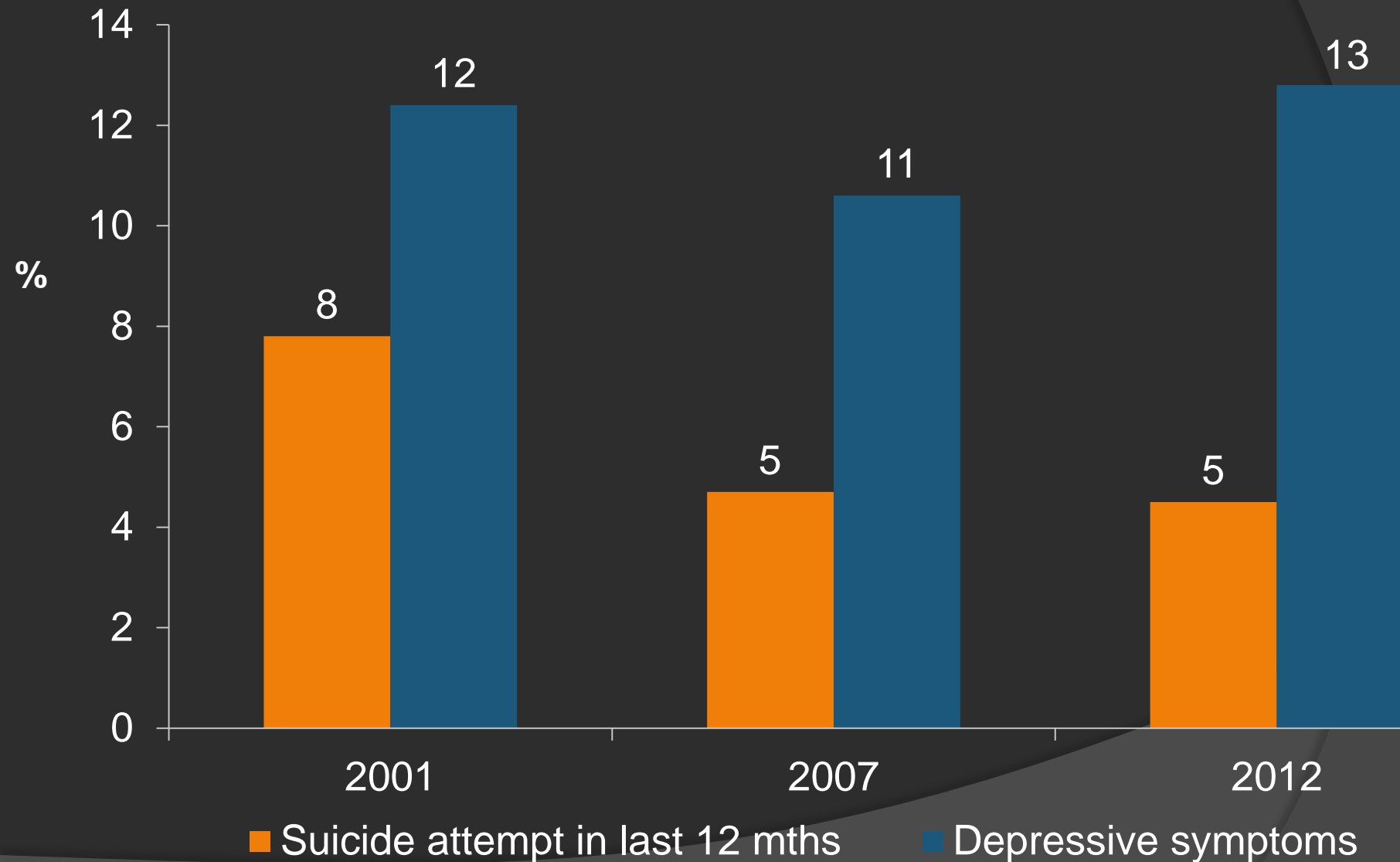
Family meals and healthier eating



Family meals and wellbeing

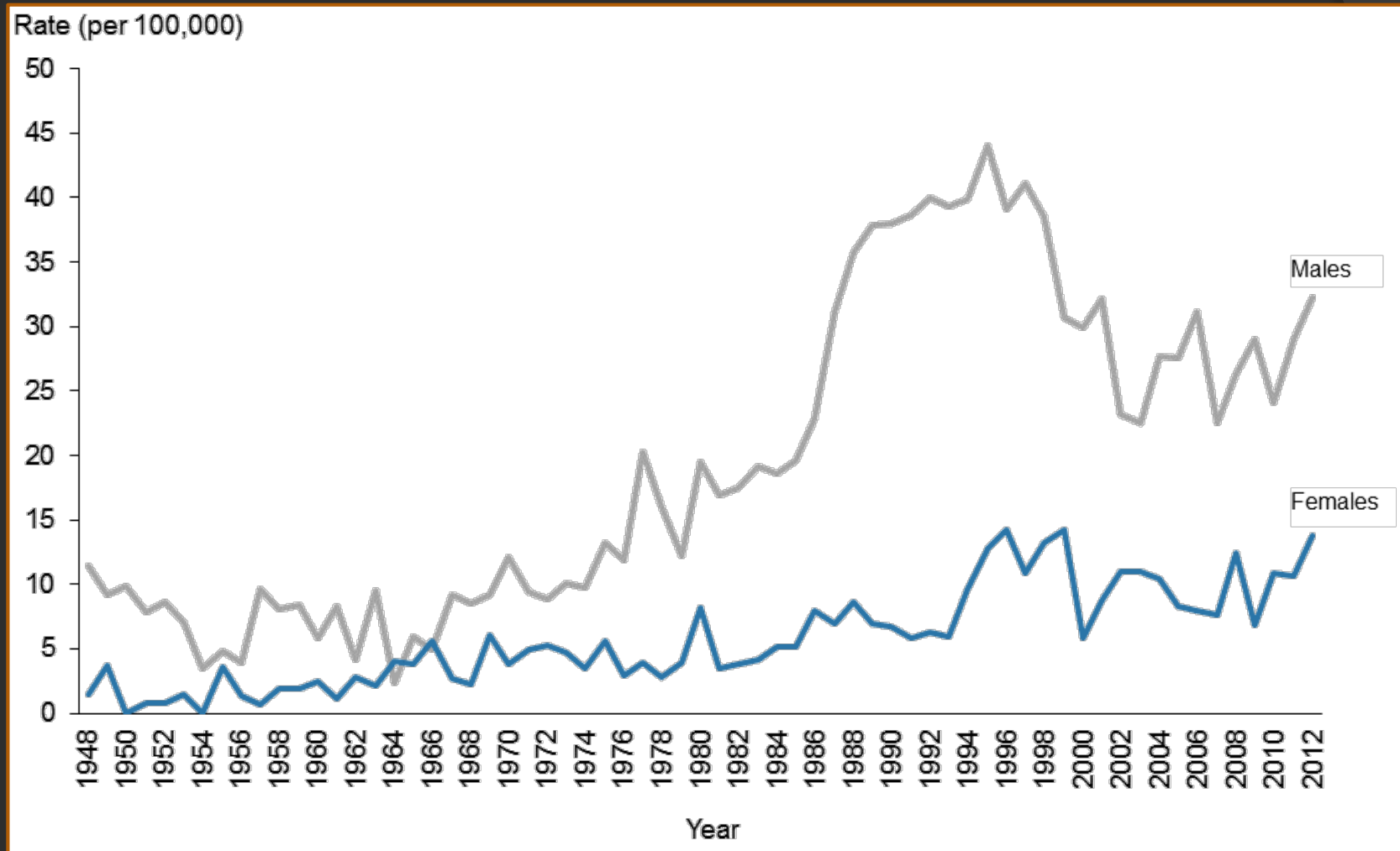


Suicide attempts & depressive symptoms



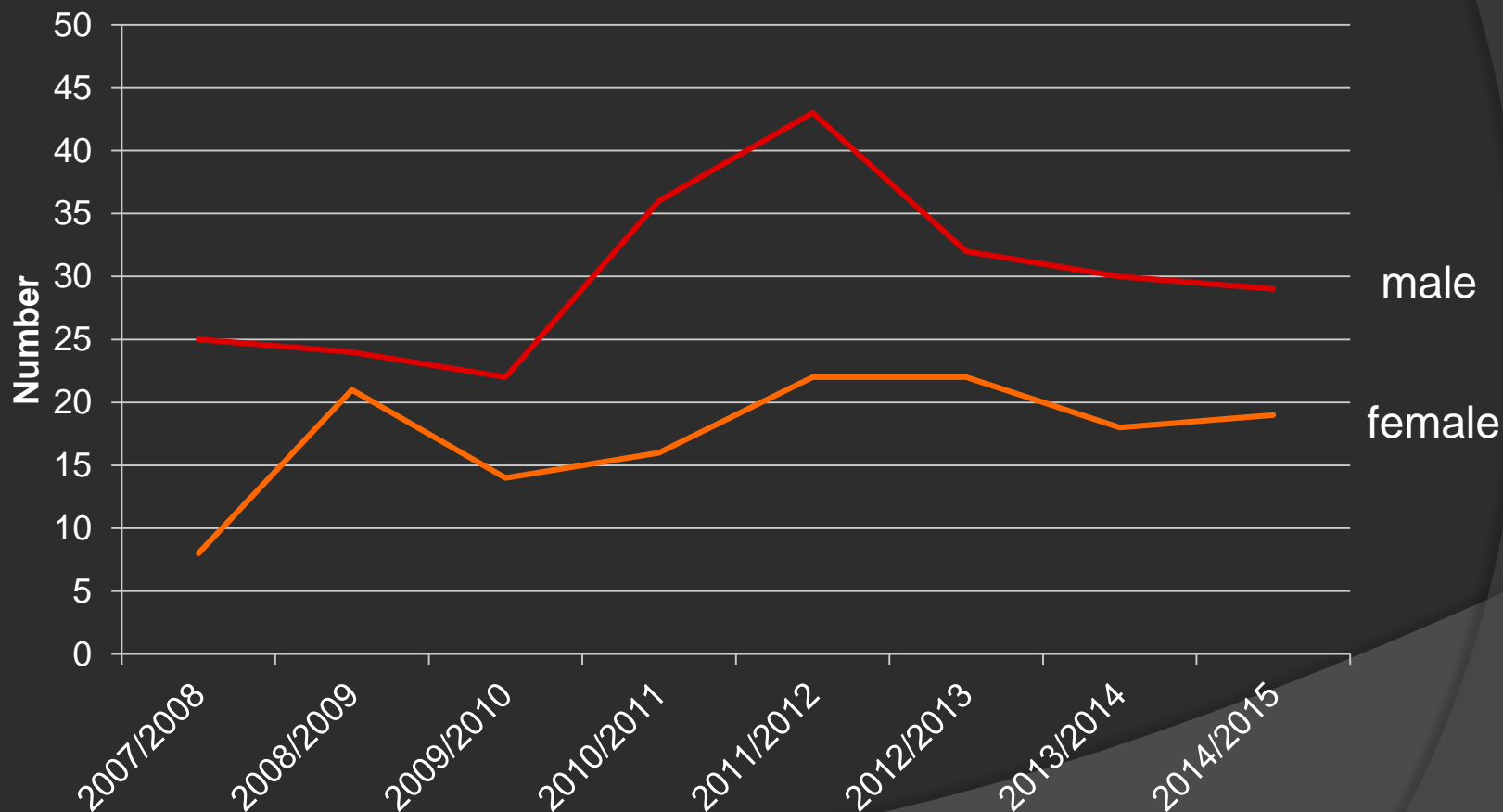
New Zealand Youth suicide

Source: NZ Mortality Collection, ages 15–24 years, by sex, 1948–2012



New Zealand Maori Youth Suicide Trends

Provisional Suicide deaths reported to the Coroner by Maori ethnicity between July 2007 and June 2015



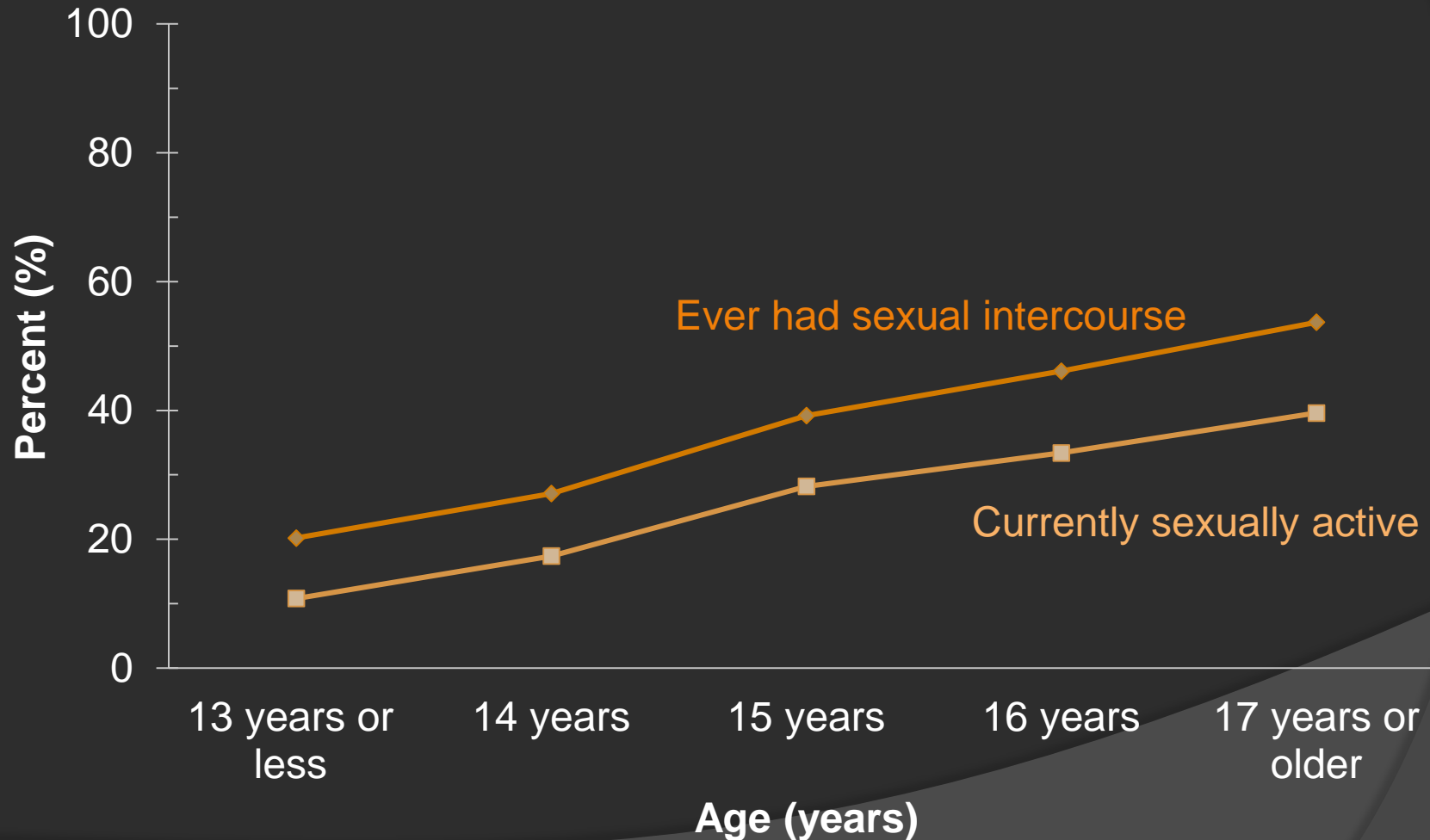
Dispelling Myths

- “Young people are more violent and young women are becoming just as violent as young men”
- “The majority of adolescents are sexually active”
- ‘P’ use is widespread among young people

Been in serious physical fight in the last 12 months 2001 and 2007



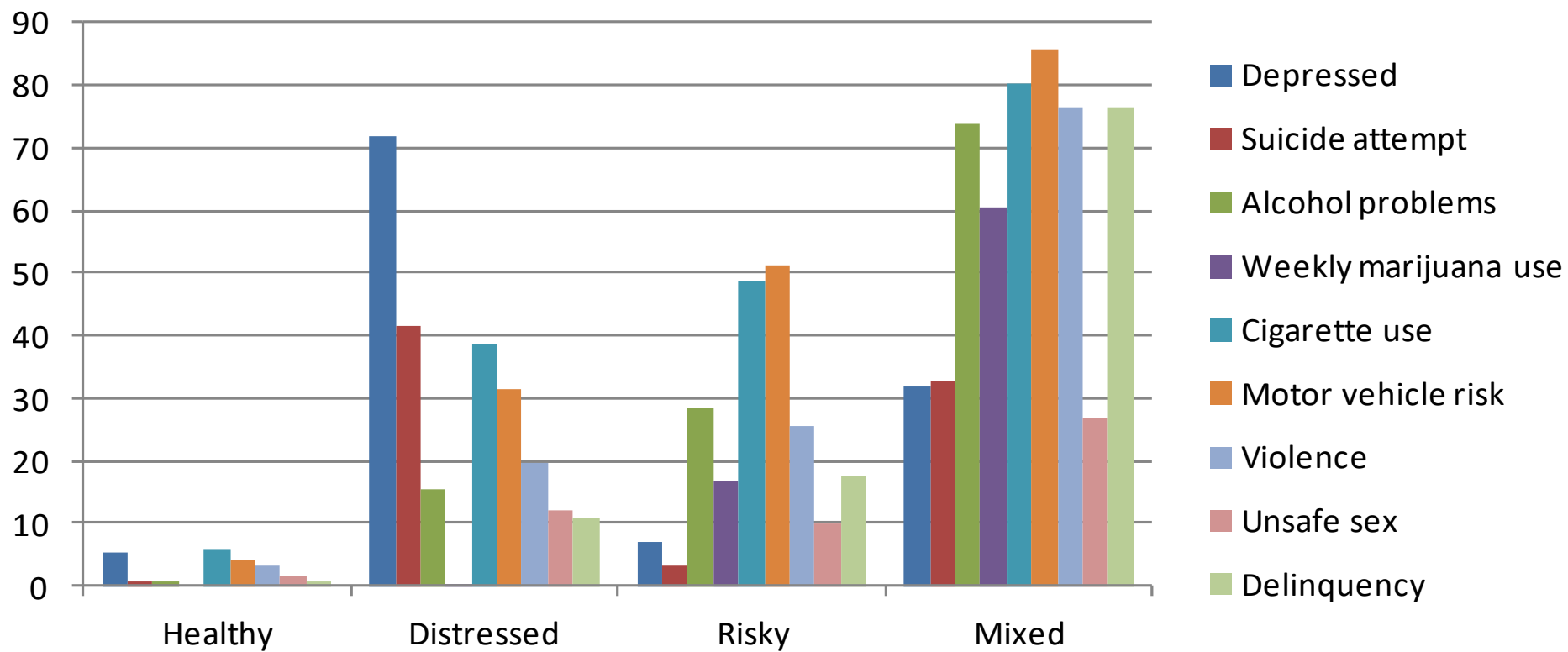
Percentages of students who have had sex



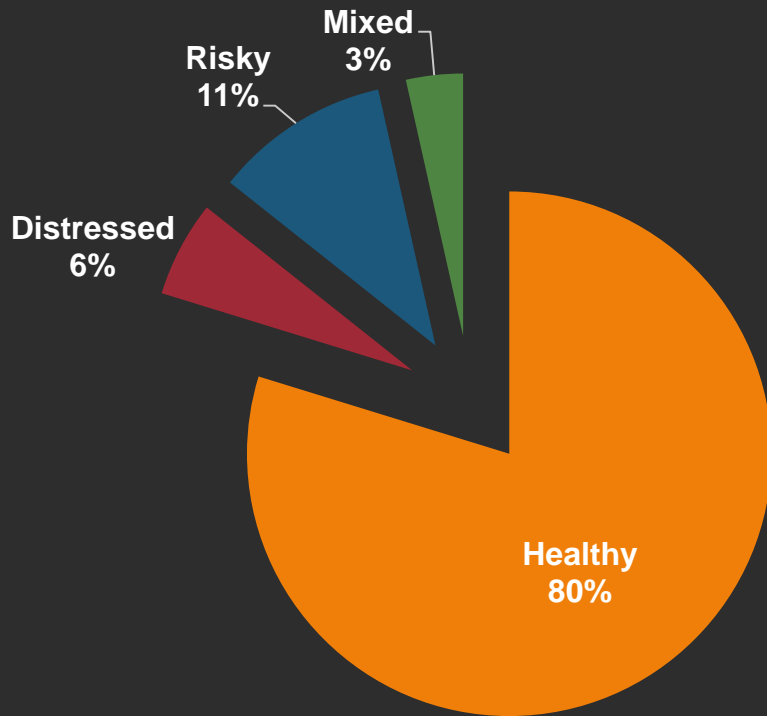
How do these issues cluster/ overlap with other health issues?

Student health and wellbeing outcomes

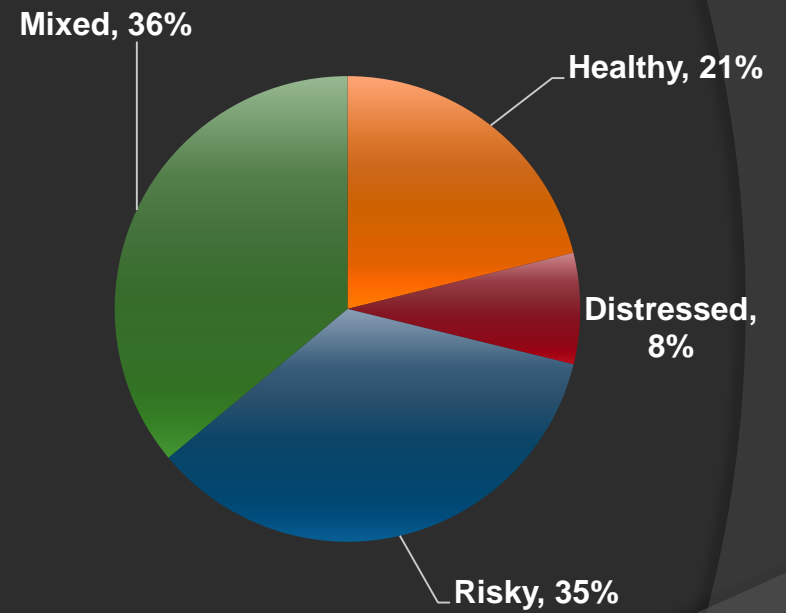
- Depression (10 items)
- Attempted suicide
- Motor vehicle risk behaviours
- Violence related behaviours
- Weekly marijuana use
- Smoking cigarettes
- Alcohol use risk
- Unsafe sexual health behaviours
- Delinquency



Mainstream



Alternative education



Conditions for Youth Development - Konopka

Participate as citizens, as members of a household, as workers, as responsible members of society;

Gain experience in decision making;

Interact with peers, and acquire a sense of belonging;

Reflect on self, in relation to others, and discover self by looking outward as well as inward;

Discuss conflicting values and formulate one's own value system;

Experiment with one's own identity, with relationships to other people, with ideas; try out various roles without having to commit oneself irrevocably;

Develop a feeling of accountability in the context of a relationship among equals;

Cultivate a capacity to enjoy life.

Strategies

- ◉ Family meals
- ◉ Find time to spend together
- ◉ Boundaries and rules
- ◉ Keep cool
- ◉ Hang in there
- ◉ Role model
- ◉ Monitoring
- ◉ Listen
- ◉ Honesty

Acknowledgements

- Students, staff and schools participating with the youth2000 surveys
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