

Managing Emotions

Developing an Identity

Resisting Peer Pressure

Building Relationships

Communicating and Negotiating safer life situations

Education and Career



Shanti Ashram

Gandhi center for development, learning and collaboration



**INTERNATIONAL
CENTER FOR CHILD
AND PUBLIC HEALTH**

India's first initiative of Shanti Ashram



**INDIAN
ACADEMY OF PEDIATRICS**



ADOLESCENCE

- Transitional stage of physical and psychological development during the period between puberty and adulthood (usually teenage years)
- Pre adolescent – 9-11 yrs
- Early adolescent – 11-14yrs
- Mid adolescent – 14-17 yrs
- Late adolescent – 17-19 yrs
- Multiple changes occur during this period

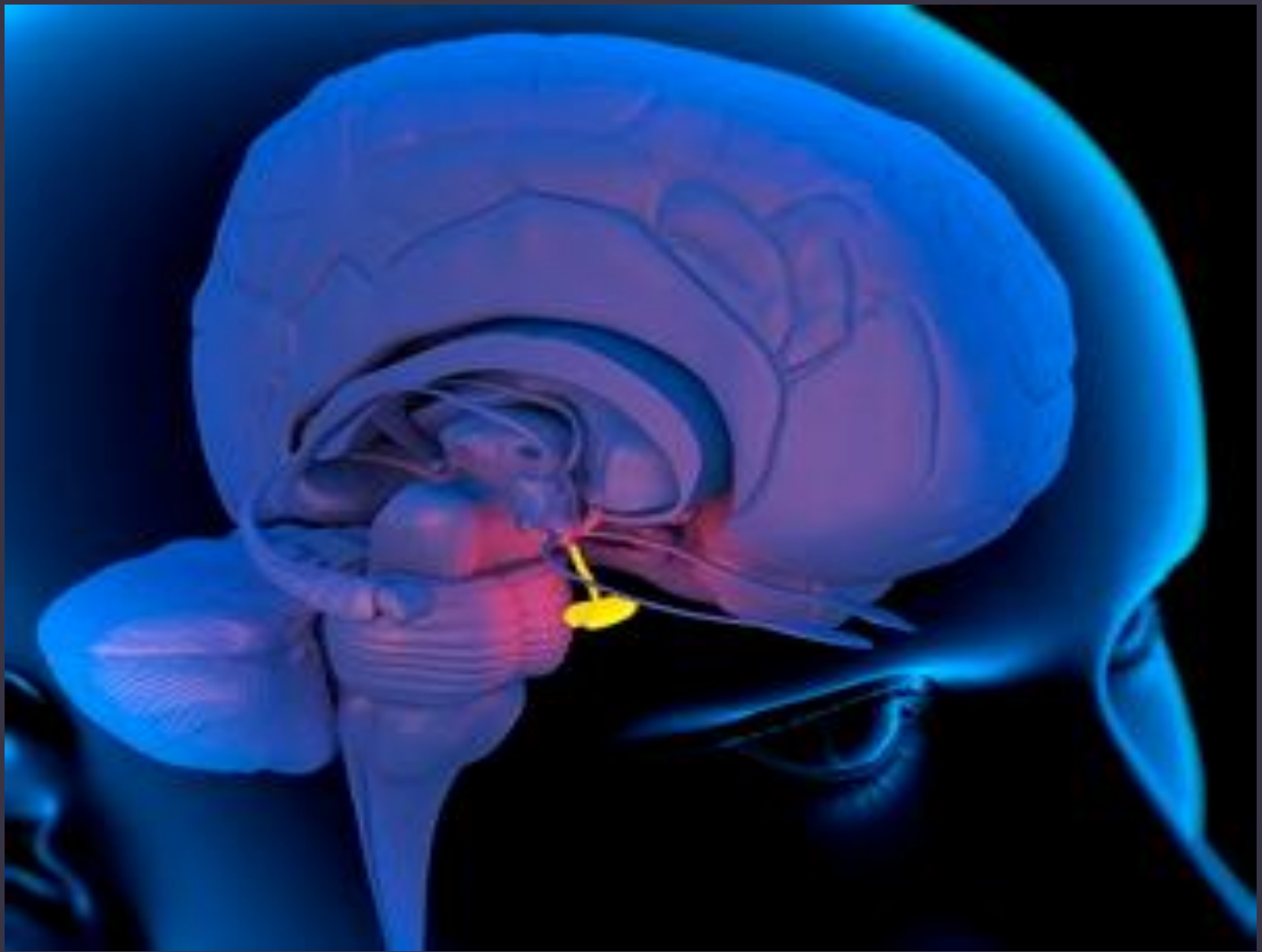
ONSET OF PUBERTY

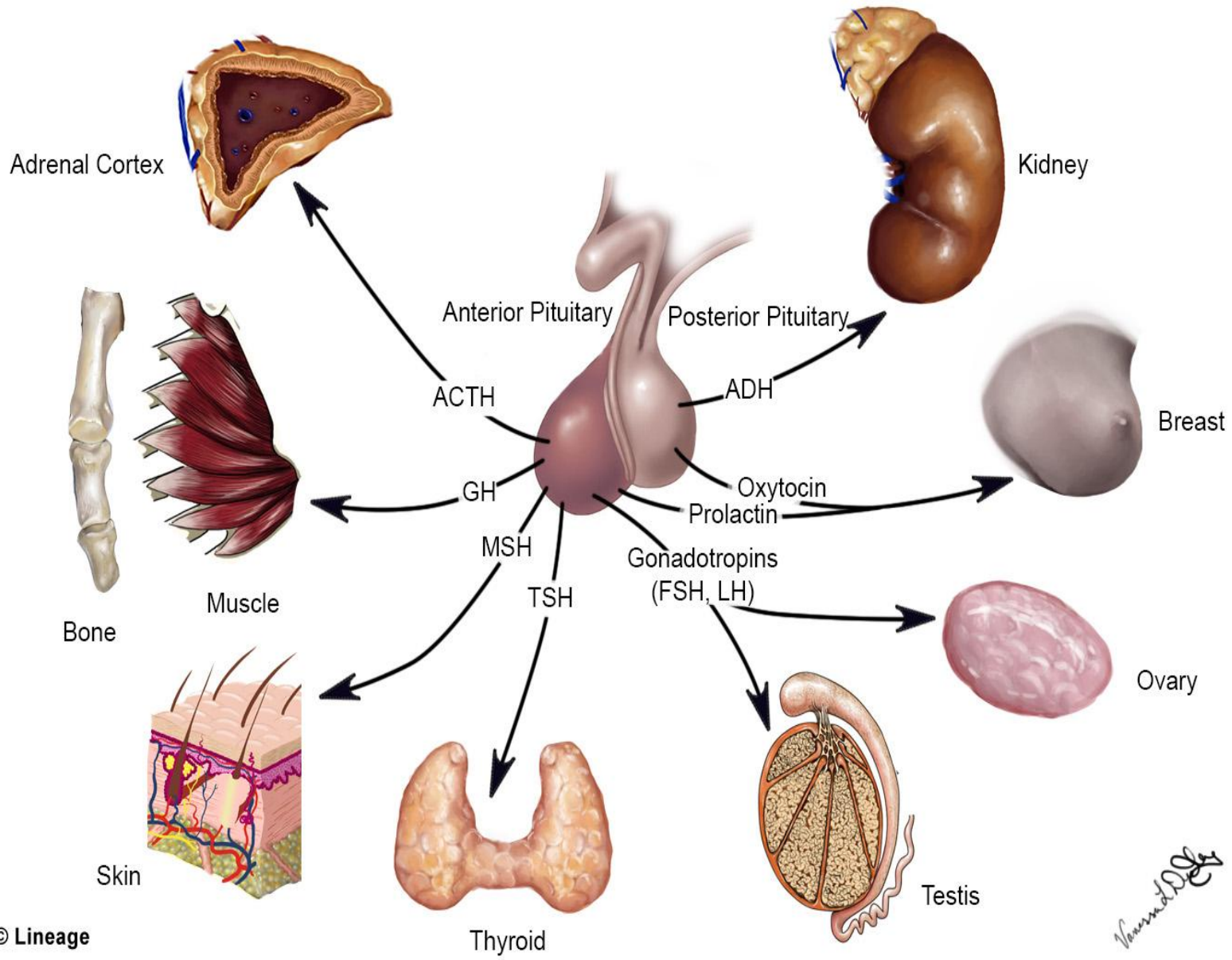
- Begins at 10-12 yrs and ends at 17-18 yrs
- When you grow rapidly
- Make decisions
- Think abstractly
- Be socially responsible
- You're ready to take adult roles
- Sexual maturity

PUBERTY CHANGES IN BOYS

- Body grows rapidly
- Become muscular
- Voice breaks
- Hair growth
- Skin gets rough and thick
- More sweat and stink
- Acne







© Lineage

Harshad D. Desai

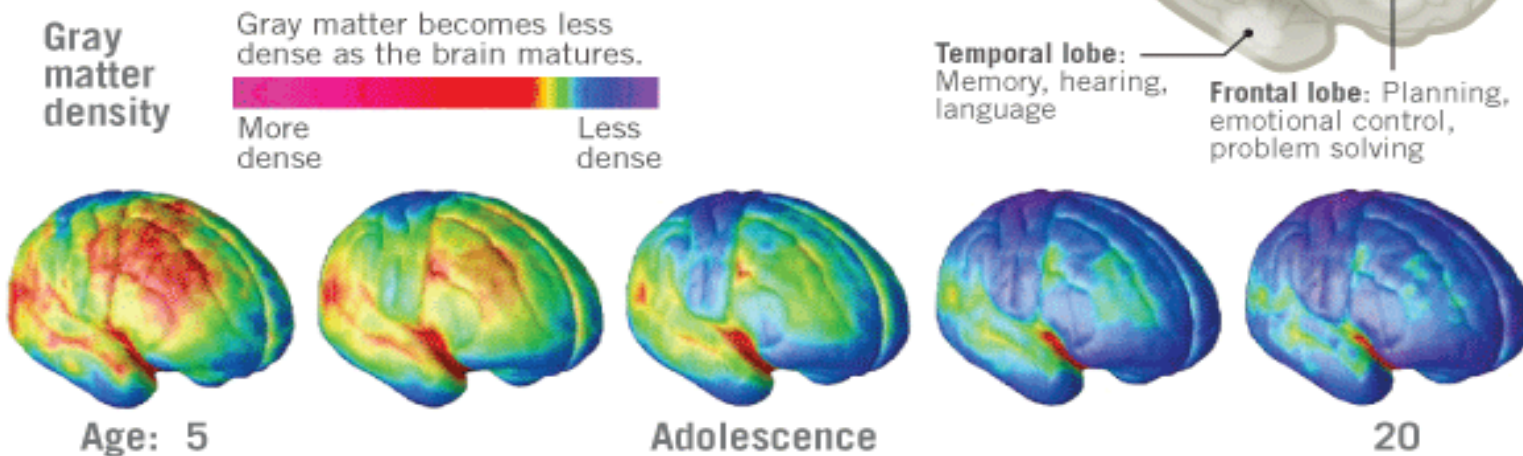
PUBERTY CHANGES IN BOYS...



BRAIN GROWTH IN ADOLESCENCE

Growing a Grown-up Brain

Scientists have long thought that the human brain was formed in early childhood. But by scanning children's brains with an MRI year after year, they discovered that the brain undergoes radical changes in adolescence. Excess gray matter is pruned out, making brain connections more specialized and efficient. The parts of the brain that control physical movement, vision, and the senses mature first, while the regions in the front that control higher thinking don't finish the pruning process until the early 20s.



Source: "Dynamic mapping of human cortical development during childhood through early adulthood," Nitin Gogtay et al., *Proceedings of the National Academy of Sciences*, May 25, 2004; California Institute of Technology

RISK-TAKING: What are the stats?



16-20 year olds (males AND females) are twice as likely to be in car accidents than 20-50 year olds

(Sci. Am. Mind, Jan 2007)



10-14% of adolescents are problem gamblers, and most of these teens started gambling by the age of 12

(Sci. Am. Mind, Jan 2007)



The pregnancy rate in girls 15-19 years old is 4/100

(The Walrus, Nov 2006)



3 million adolescents contract sexually transmitted infections every year

(Sci. Am. Mind, Jan 2007)



14-19 year olds are more likely to commit property crimes or violent offences than any other age group

ADOLESCENT HEALTH ISSUES

- Tech dependency
- Emotional
- Eye & dental
- Nutrition
- Sleep & skin

BEHAVIORAL CHANGES

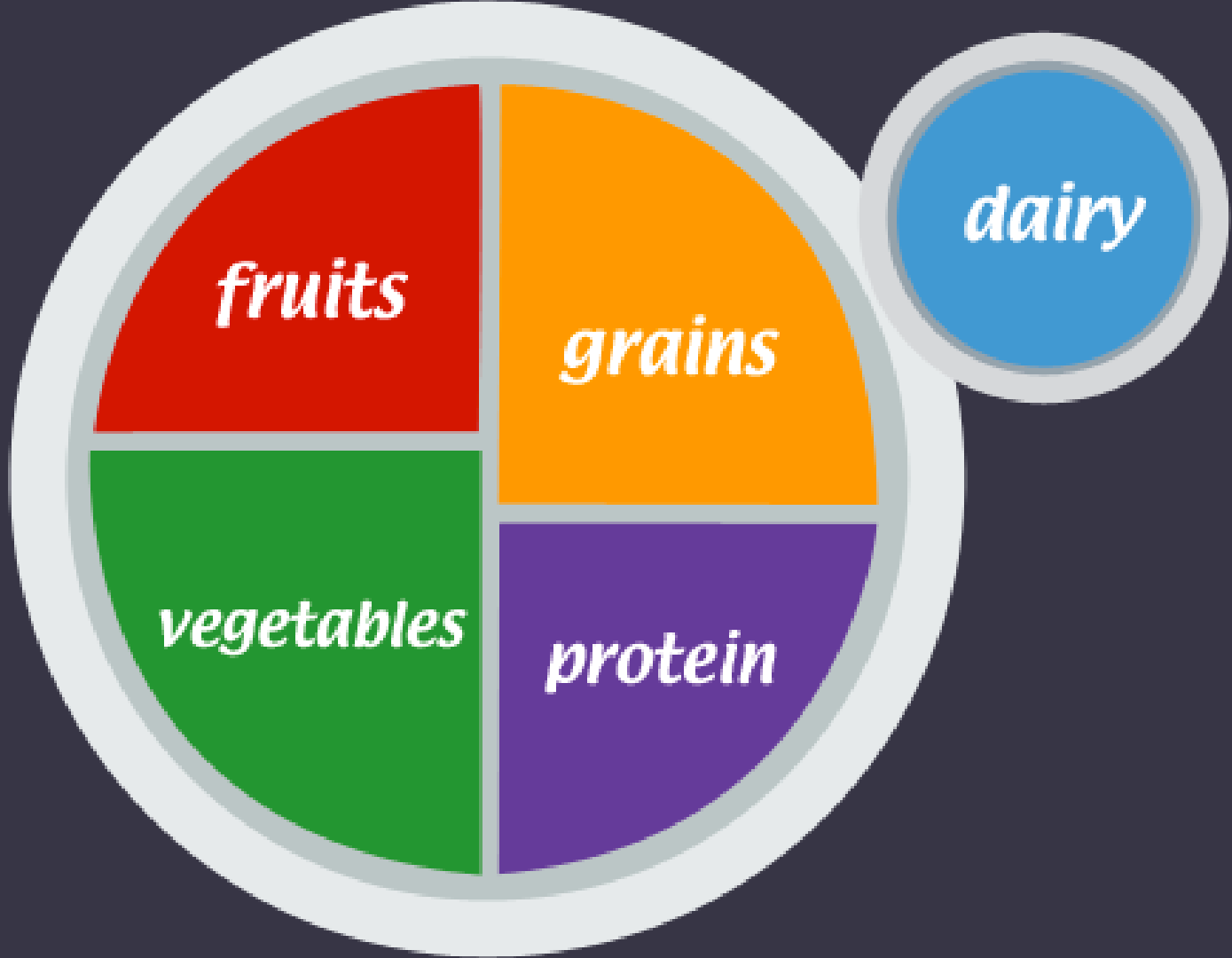
- Increased self consciousness --the way you look , dressing, appearance
- AGRESSION AND VIOLENCE
- Become very sensitive
- Turn away from parents and move towards peers
- Moodiness , become angry, frequent upsets
- **HORMONES** are responsible...



DEPRESSION

- 4% prevalence in teens
- Low energy, moods and self esteem
- Changes in sleep, appetite and behavior
- Recent stress history





WHAT'S IN MY PLATE???

Top 10 Life Skills Recommended by WHO



Build Communities to Empower
Knowledge Sharing across the Globe

YOU ARE THE HERO OF YOUR OWN STORY.

— JOSEPH CAMPBELL —

INSPIRECAST.CA

