

# teenager

*(noun)*

When you're too young  
for half the things you  
want to do and too old to  
do the other half.

[that'swhatthatmeans.tumblr.com/](http://that'swhatthatmeans.tumblr.com/)



# 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 – 17-21 yrs
- Multiple changes occur during this period

**Managing Emotions**

**Developing an Identity**

**Resisting Peer Pressure**

**Building Relationships**

**Communicating and Negotiating safer life situations**

**Education and Career**

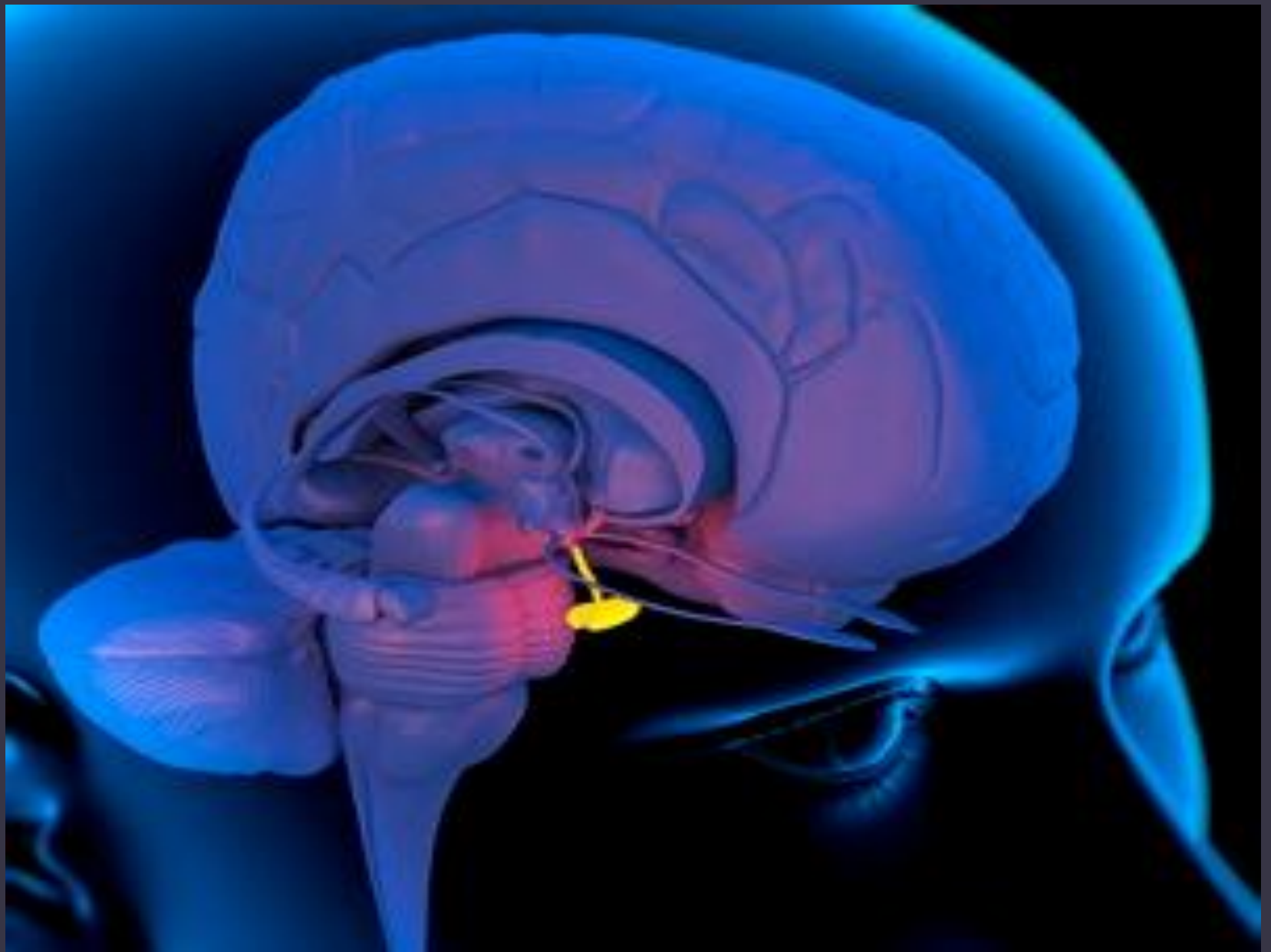
# ONSET OF PUBERTY

- 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

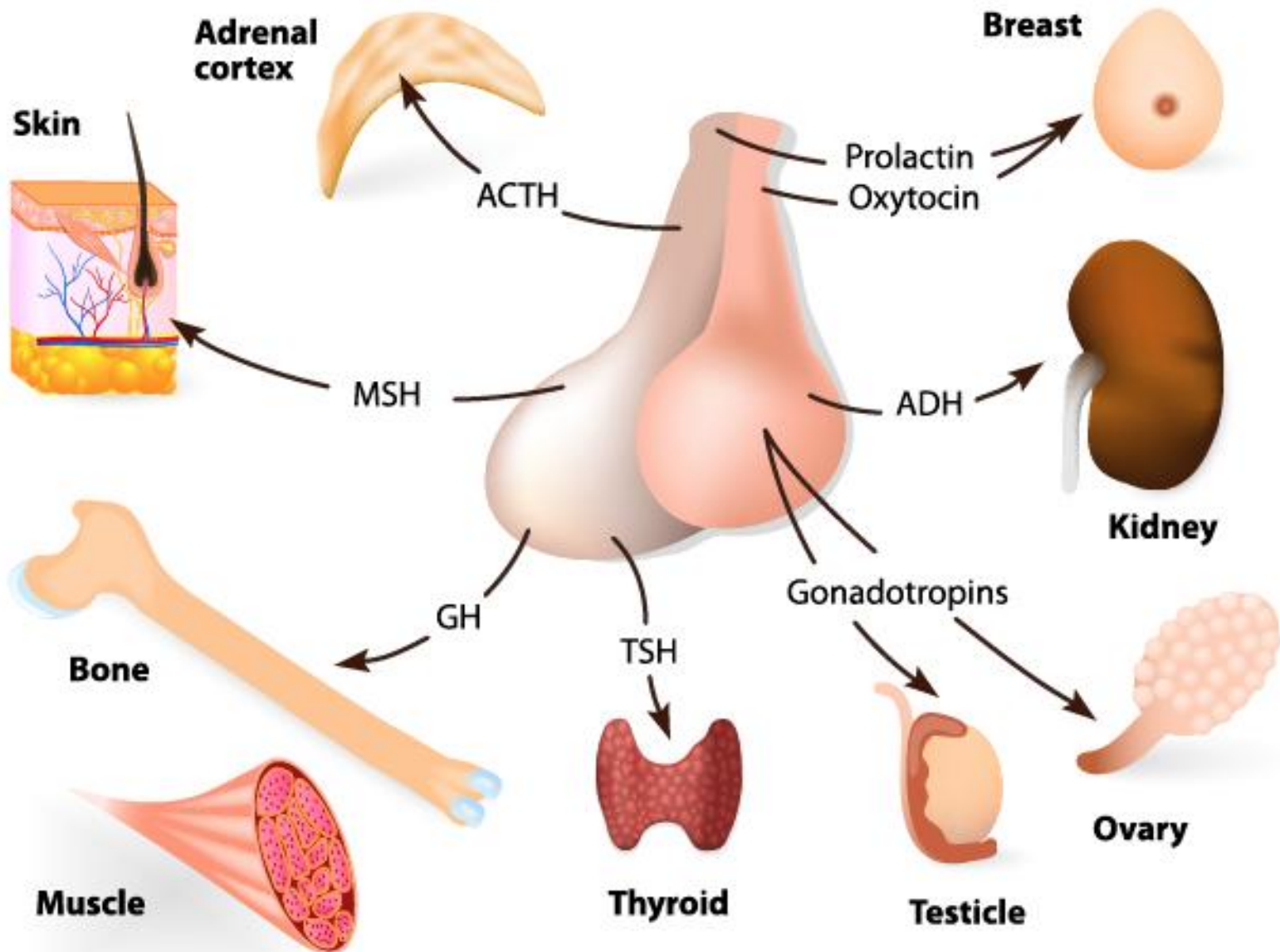
# PUBERTY CHANGES IN BOYS

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





# PITUITARY GLAND

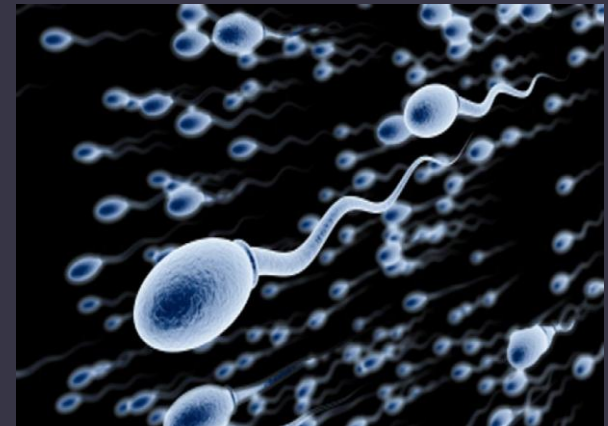
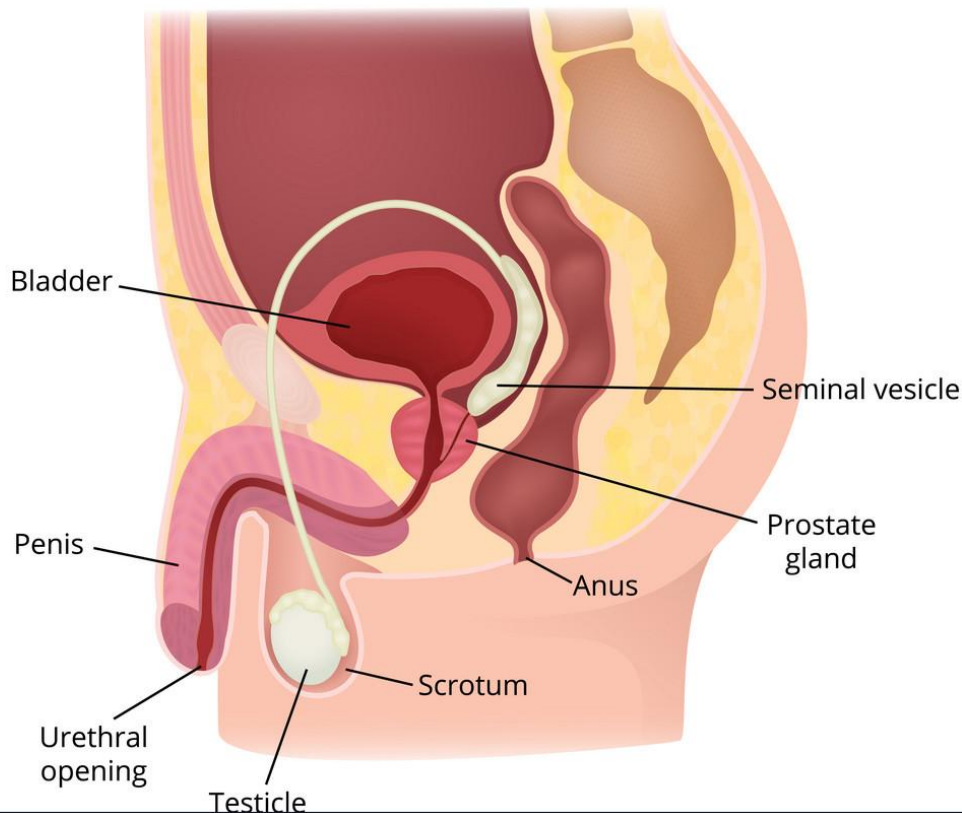




# KNOW YOUR REPRODUCTIVE SYSTEM...

## MALE REPRODUCTIVE SYSTEM

(external genital organs)



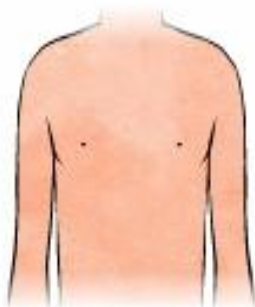


Age 9

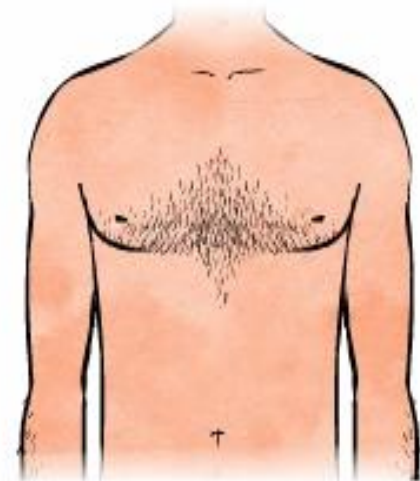
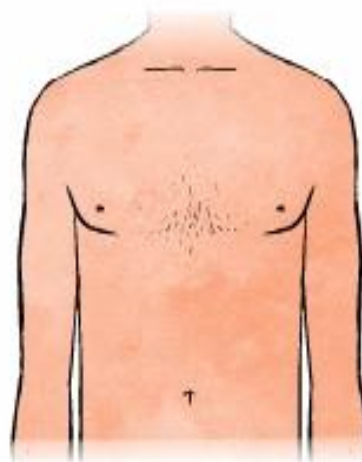
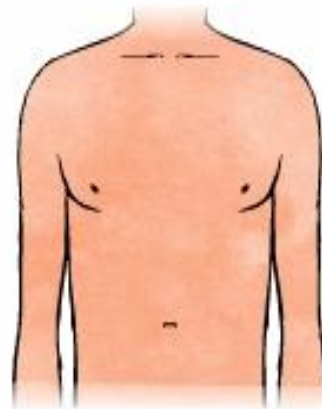


Age 19

© Menstrupedia



Age 9



Age 19

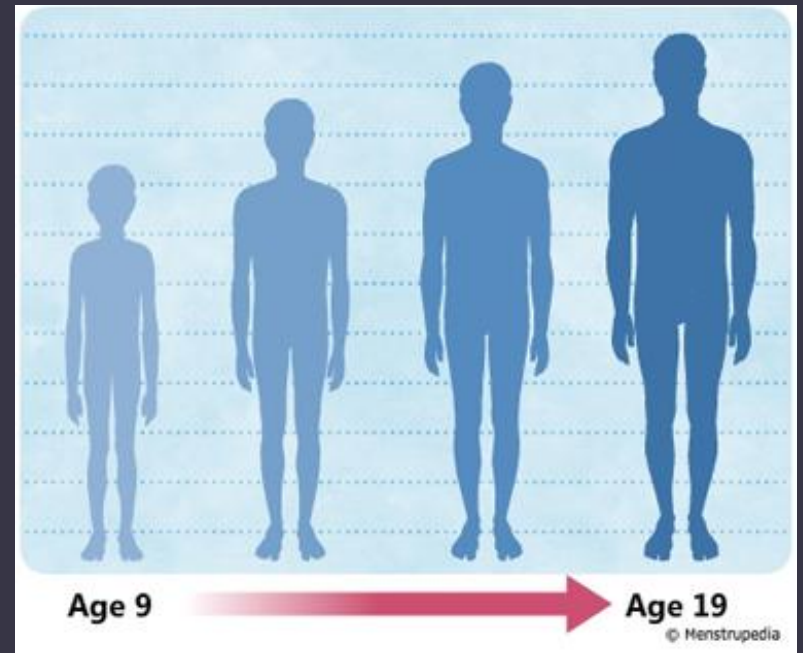
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# PUBERTY CHANGES IN BOYS...



# GROWTH SPURT

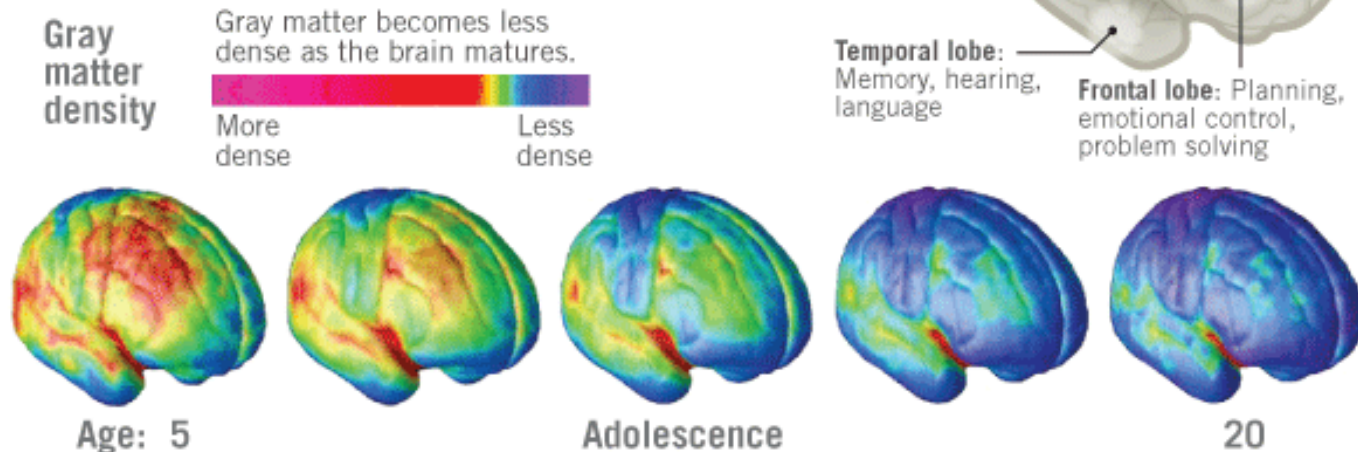
- Height – 10 cm /year
- Weight – half of adult body weight is gained during adolescence
- Bones become strong
- Fat and muscle mass
- Body fat : muscle mass is 1:3



# BRAIN GROWTH IN ADOLESCENCE

## Growing a Grown-up Brain

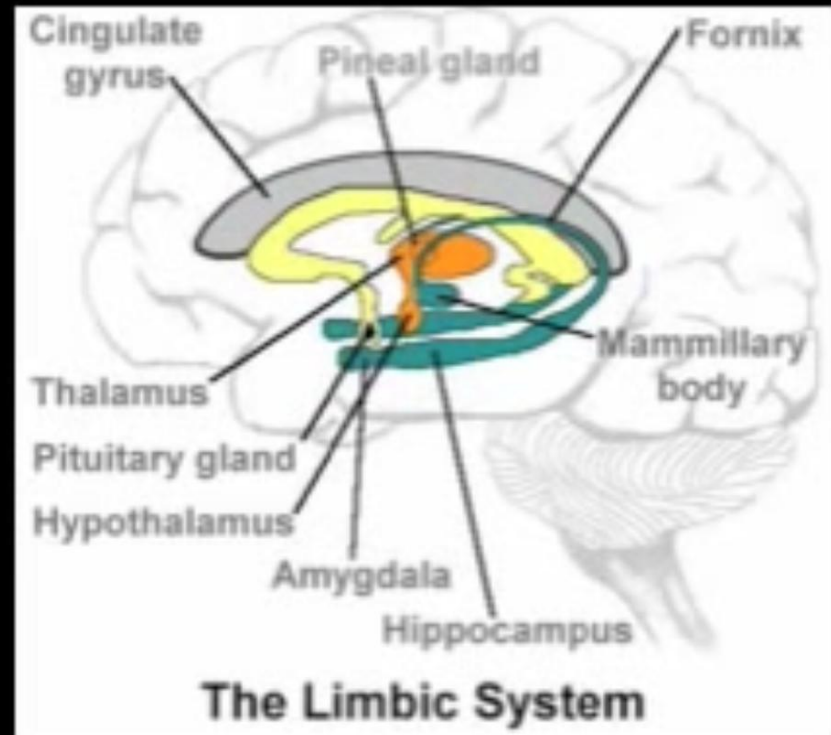
Scientists have long thought that the human brain was formed in early childhood. But by scanning children's brains with an MRI year after year, they discovered that the brain undergoes radical changes in adolescence. Excess gray matter is pruned out, making brain connections more specialized and efficient. 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

# Brain Development

- Limbic System
  - Part of emotional system
  - Involved in long-term memory
  - Structural changes well into adolescence



# EMOTIONS OVERTAKE WISDOM

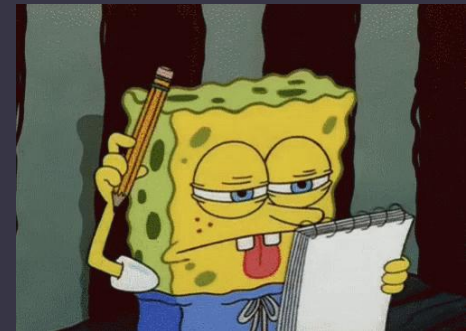


- Adult size is reached by 6 years
- Creases and folds increase and become more complex in this period
- Attention and focus improves drastically
- Memory ,organizational skills increase
- Processing speed doubles
- Become more introspective and search for identity
- Changes in mood and behavior
- Risk taking behaviour

GET IN TO THE HABIT  
OF ASKING YOURSELF :  
" DOES THIS SUPPORT  
THE LIFE I 'M TRYING  
TO CREATE ? "

# POINT TO PONDER

- Parents and teachers warn us of the dangers of unprotected sex, adolescent pregnancy, STDs/AIDS, drugs and alcohol,.
- Messages and behaviour from entertainers and peer pressure contradict these and even promote the opposite behaviour.
- It is through life skills that teenagers can fight these challenges and protect themselves from health-related problems
- Developing life skills among adolescents will empower girls and boys, teach us about equality, prepare you for the future and hopefully avoid risks.





# 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

# WEB ADDICTION/ PROBLEMATIC INTERNET USAGE SYNDROME [PRIUS]

- Is preoccupied with the Internet (constantly thinks about past use or future use)
- Needs to use the Internet with increased amounts of time to gain satisfaction
- Has made unsuccessful efforts to control, cut back, or stop use of the Internet
- Is restless, moody, depressed, or irritable when attempting to control Internet use
- Has stayed online longer than originally intended



# EYE & DENTAL PROBLEMS

- Refractory errors
- Ocular trauma and headaches
- Read in good light
- Wake up early morning and study in fresh eyes
- Take short breaks 30 secs every 30 mnts and close eyes
- Limit screen time to 2 hrs per day



# DENTAL ISSUES

- Dental caries and malalignments
- Aphthous ulcers
- Halitosis due to gingivitis
- Appearance conscious!!!



# 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...



# BULLYING

- Common in boys
- Verbal, physical, cyberbullying
- Can lead to mental disorders, suicides
- Detect family, school, community factors causing it



# DEPRESSION

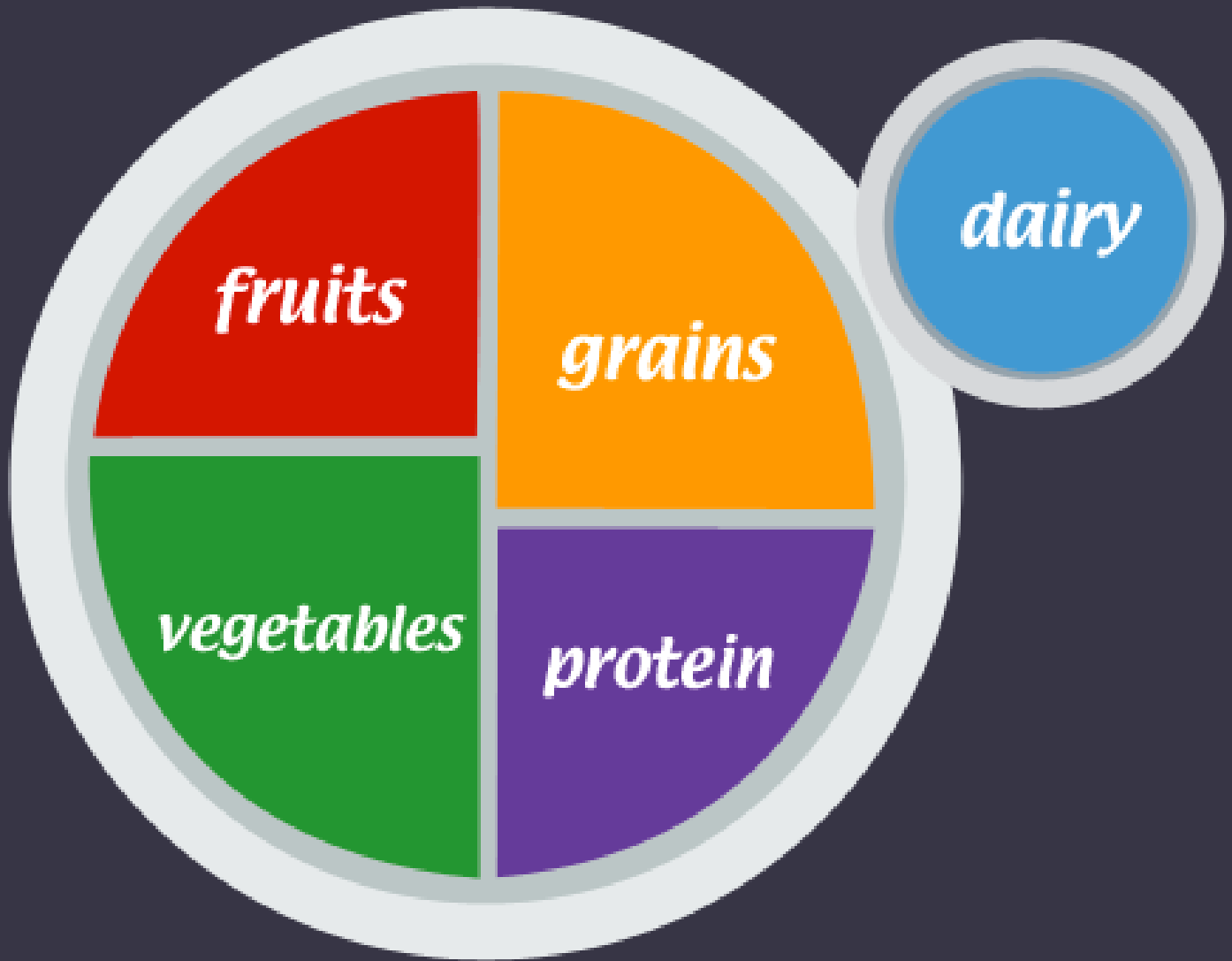
- 4% prevalence in teens
- Low energy, moods and self esteem
- Changes in sleep, appetite and behavior
- Recent stress history







- Males start as early as 14 years
- Alcohol ,tobacco followed by marijuana
- Early symptoms – aggression, depression, self injurious behaviour, anti social behavior, lack of interest in studies and environment
- **Experimentation- recreation-problematic-addiction**
- School health program, combined effort of parents, teachers and pediatricians to maintain friendly atmosphere



WHAT'S IN MY PLATE???

# WHAT IS JUNK?

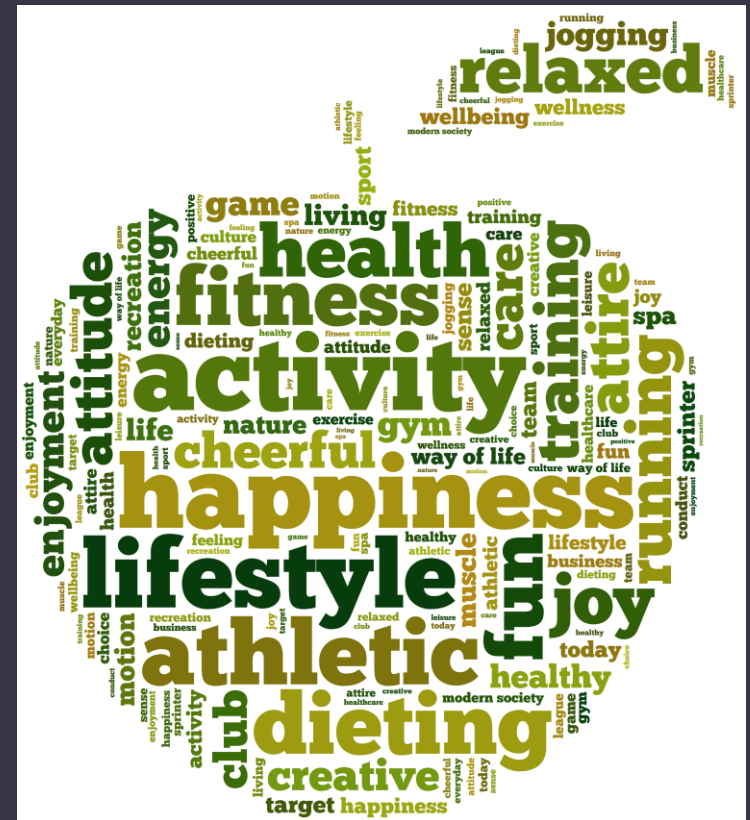
- ANY FOOD WHICH IS READYMADE, INEXPENSIVE, LOW IN NUTRITIONAL CONTENT AND HIGH IN FAT OR SUGARS IS QUALIFIED AS JUNK...
- **JOLLY AND JUICY**
- **UNHEALTHY**
- **NON-NUTRITIONAL**
- **KID'S CHOICE**





# HEALTHY LIFESTYLE – GO FOR IT...

- Balanced diet
- Exercise an hour a day
- Stay safe from accidents and infections
- stress management
- Good sleep



# 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](http://INSPIRECAST.CA)