

# Puberty and Adolescence

---

# Puberty or Preadolescence 11-14

- Rapid physical growth
- Changes in body proportion
- Development of sex organs
- Development of 2ndary sex characteristics

# Frustrations

- Wish for independence/ need supervision
- Concerned with appearance
- Seek peer acceptance
- Struggle to achieve in school with increasing workload and responsibility
- Need rest and sleep while maintaining schedule

# Adolescence

- Stormy emotions
- Feelings of insecurity
- Introspection
- Experimentation and learning
- Testing of values and beliefs

# Puberty – Height and Weight

- Puberty 2<sup>nd</sup> to prenatal as period of most rapid growth
- Boys grow 4-12 in
- Girls grow 2-8 in
- Boys gain 15-65 lb
- Girls gain 15-55 lb

# Sex Characteristics

- Boys – testes, scrotum, sperm and testosterone
- Ejaculation
- Girls- ovaries, ova,estrogen and progesterone
- Menarche

# 2ndary Sex Characteristics

- Pubic hair
- Sebaceous glands produce oil and become larger and more active
- Boys – larynx increase in size, deepening of voice
- Girls – increase width and roundness of hip and breast development

# Adolescence Height and Weight

- Girls height ceases between 16-17
- Boys continue to grow up to 18-20



# Vital Signs

- Pulse 60-90 beats per minute
- Respiratory rate 16-24 breaths per minute
- Increase in BP

# Motor Development

- Hand –eye coordination improved

# Sexual Development

- Readily compare themselves to peers
- Masturbation part of sexual expression
- Parent's should respect privacy
- Sexual activity given high priority
- Search for identity
- Info about sex from peers

# Psychosocial Development - Puberty

- Spend time by themselves
- Argumentative with parents over dependence and control

# Psychosocial Development - Adolescence

- Erikson – time of search for identity
- Teens blame parents for problems
- Work gives sense of belonging in adult world

# Ages 13 -14

- Compromise hard to do
- Friends very important
- Experimenting with clothing and hairstyles
- Door slamming and harsh verbal outbursts

# Ages 15-16 Years

- Less self-absorbed
- Better compromisers
- Tolerant of others' views
- Test boundaries, push to the limit
- Risks taken – No fear

# Ages 17-19 Years

- Involved in school work and friends
- Stress related to uncertain future
- Need to feel accepted by group members



# Discipline

- Conflicts with parents over choice of friends and dating

# Cognitive Development

- Scientific reasoning and problem solving mastered
- Can think abstractly
- Topics of interest include politics, religion, justice and other social issues

# Moral Development

- During early adolescence at conventional level of moral development, follow rules and show concern for others
- Progress to transitional phase of moral development – questioning everything and anything and puts them in direct conflict with any person of authority

# Communication

- Give and take relationship with parents fosters teen's growth and sense of self

# Nutrition

- Teenage girl 2600 calorie per day
- Teenage boy 3600 calorie per day
- Anorexia nervosa
- Bulimia
- Obesity

# Sleep and Rest

- Requires 8 hrs of sleep
- Stay up late to watch TV or talk on phone

# Exercise and Leisure

- Exercise patterns will continue into adult years

# Safety

- Leading cause of death accidents related to increased motor abilities and strength combined with a lack of judgment
- Drink and drive
- Sporting activities
- Firearms



# Health Promotion

- Depression and risk for suicide
- Substance abuse