

ADOLESCENTS:WHAT ARE THEY THINKING?

Ottawa County Juvenile Court

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**Do you know why teens act the way they do?
Test your knowledge.**

1. Typical teenage behavior is the result of hormones, plain and simple.
 True False
2. Teenagers are not as capable of juggling multiple tasks as an adult.
 True False
3. Teenagers are far more interested in novelty than younger children or adults.
 True False
4. An effective way to deal with a teenager's inappropriate behavior is to shoot a warning glare in his/her direction.
 True False
5. Our weight-obsessed culture is the sole cause of anorexia.
 True False
6. The baffling behavior of teens is primarily a reflection of stubbornness and a need to assert their independence.
 True False
7. Teenagers need no more than 8 hours of sleep a night.
 True False
8. Teenagers who fall asleep in class should go to bed earlier.
 True False
9. Teen brains function more like those of children than those of adults.
 True False
10. The brain is fully developed structurally by the time a child reaches puberty.
 True False

CHILDHOOD DEVELOPMENT

Power of Being

0 - 6 months

(12-13 years)

Needs:

held, taken care of, safe
told they are beautiful, unconditional love

Symptoms:

short attention span
dreamy
checking themselves to see how they look

Building Blocks:

need to learn to trust
unconditional love

Power of Doing

6-18 months

(13-14 years)

Needs:

to explore world new levels of independence
variety of stimulation

Symptoms:

pleasure oriented motivational problems
short attention span train dev. is very rapid

Building Blocks:

- need to explore
- world need to be safe learn what they
- need to have alot of fun, experience not
what told

Power of Thinking

18 mos - 3 yrs

(14 years)

Needs:

sense of importance to other, i.e.
find own limits test realities
express negativity exert opinions forcefully

Symptoms:

say no, I want, I must, tantrums
want to oppose + be different, say no but

Building Blocks:

need opportunity to test limits
comply,
(limit must be clear + firm)

Rich

← compelled + physically touch

Power of Identity

3 - 6 yrs

(15 yrs)

Needs: under 3, consequences are worthless
to figure out who they are + whose in charge
to test own power
to experience good + bad consequences

Symptoms: sudden nameless fears, try something to see
nightmare, experiment with life, what happens
+ relat.

Building Blocks:

Curiosity + understanding consequences

Power of Being Skillful

6 - 12 yrs

(16-17 yrs)

Needs: make own mistake + figure out what
works, anger, disagree, bossy, need to belong to
several groups -

Symptoms: preoccupied with how to do things at least 3
critical of others, my way or no way

Building Blocks:

learning how to be male or female, interested
in mechanics of sex
- belonging to groups
- learning by trial + error