

# THE FIVE “B” S

“Tasks of Adolescent  
Development”

# BODIES

*“Have You Grown Up Overnight?”*

- Rapid physical growth
- Secondary sex characteristics
- Gender expectations
- Sexual feelings

CHALLENGE: Self-absorbed, Confused, Embarrassed

POSITIVES: Pride in new size, shape, strength, &



# BRAIN

*“Am I Getting Smarter?”*

- Abstract thinking
- Perspective taking
- Decision-making
- Problem-solving
- Conflict management

CHALLENGE: Argumentative, Advice-giving

POSITIVES: Livelier discussions, Independence



# BRAIN

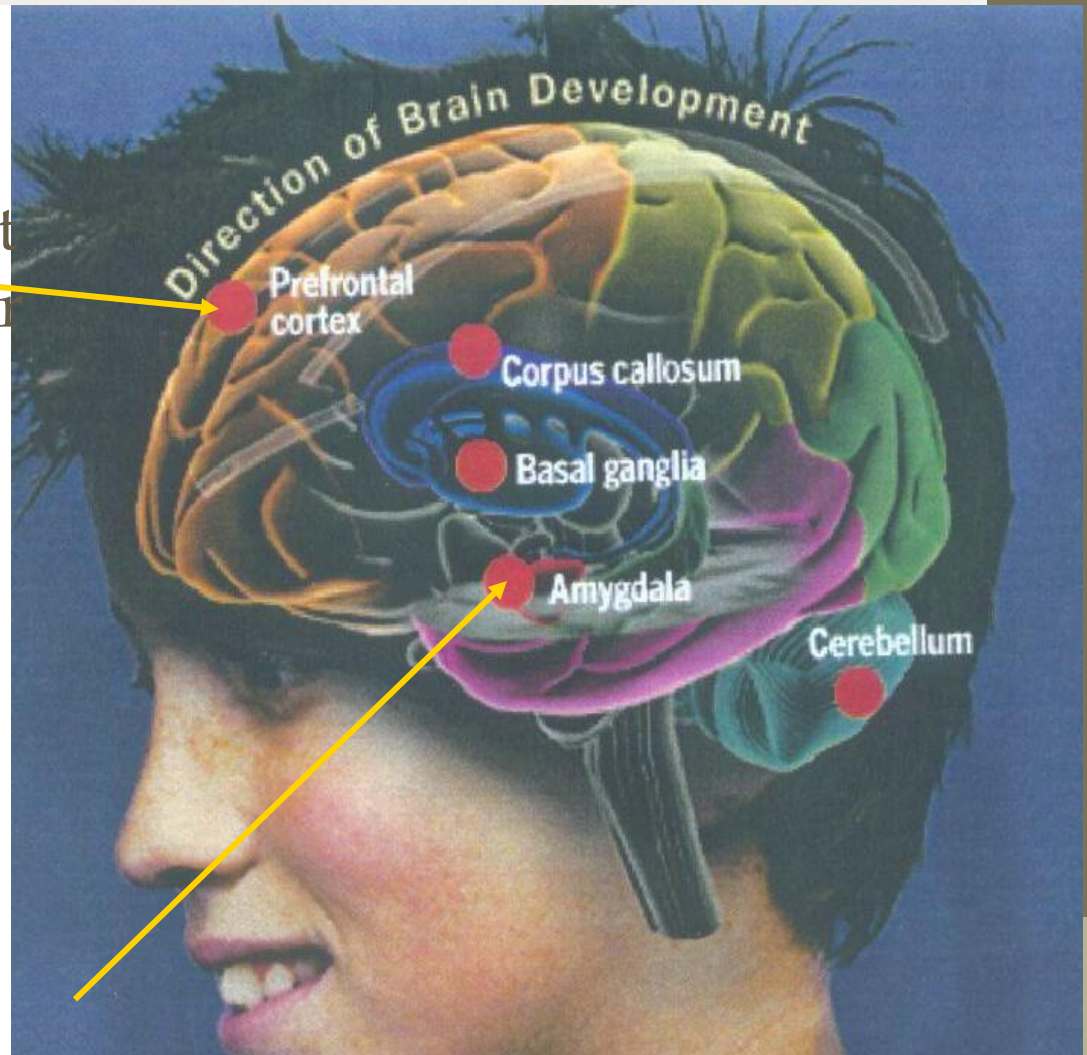
## Prefrontal Cortex

CEO of the brain; last part to mature; Responsible for decision making; rational thoughts

## Amygdala

Emotional center; teens rely more heavily on this area;

Can explain why adolescents react more impulsively



# BELONGING

*“Do Kids Like Me?”*

- Peer acceptance
- Social skills
- Complex emotions

CHALLENGE: Negative peer pressure

POSITIVES: Peer approval for academics, athletics, a





# BECOMING

*“Who Is That In The Mirror?”*

- Personal Identity
- Positive view of self
- Moral standards/values
- Belief systems

CHALLENGE: Experimenting

POSITIVES: Growing realism of strengths/weaknesses



# BREAKING AWAY

*“Stay Out of My Life, But First Would You Take Me and Cheryl to the Mall?”*

- Individuation
- Renegotiate

CHALLENGE: Too fast, too much

POSITIVES: Self Reliance, Resilience



# What Challenges for Parents?

- Smarter & Independent
- Sorting things out – Social needs
- Disconnect between academics & personal interests/experience
- Crazy Brain activity...



# What's a Parent to do?

- Connected w/ school
- Dialogue – Communication
- Structure, expectations, schedule
  - Limits (curfews) & consistency
- Involvement & risk taking
- Nutrition / Sleep
- Negotiate and Nag (N&N)
- Osu & Nights out....who are they with?