

"Oh To Be Young Again!"

Teenage Sex and Adolescent Development

North Dakota Family Planning Program
Minot, Wednesday March 11th, 2009

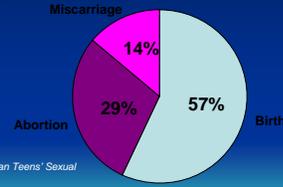


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Adolescent Pregnancy OVERVIEW

Teen pregnancy outcomes

- 82% unplanned
- 3 in 10 girls pregnant by age 20
- 1 in 3 end in abortion



Guttmacher Institute, *Facts on American Teens' Sexual and Reproductive Health*, Sept, 2006



Adolescent Pregnancy OVERVIEW

Talking about Reproductive Health





Goals

1. List the stages of physical and psychological growth and development.
2. Discuss how these stages relate to sexuality and sexual behavior.
3. Learn tips for engaging youth in conversation about sexuality at various stages of development.

Questions

- What percentage of schools in the United States have a policy on Sexual Education?
 1. 100%
 2. 30%
 3. 65%
 4. 80%

Questions

- In North Dakota, it is against the law for a person under _____ years of age to have sexual intercourse?
1. 13 years old
 2. 16 years old
 3. 15 years old
 4. 17 years old



True or False

- The majority of teenagers who have intercourse do so with partners close to their own age?
1. True
 2. False
- A teen girl is less likely to be exposed to a sexually transmitted infection (such as HIV/AIDS) by a partner three or more years older than herself.
1. True
 2. False



Stages of Adolescent Development Early

- Girls 11-13.
- Boys 12-14.
- General : mood swings, great highs and great depression.
- Physical development: onset of physical development.
- Confusion.



Early cont.

- Sense of loss of control.
- Fear and anxiety.
- Experimentation with the body.
- What they need...
 - “fact based training.”
 - “no feeling activities.”
 - “possible split for boys and girls.”

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Psycho- Social Early

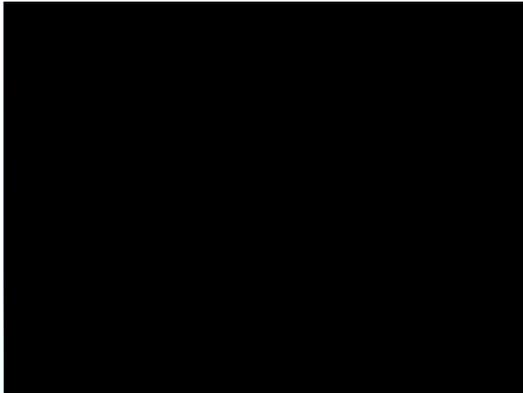
- “Am I normal?”
- “What am I turning into?”
- “I am not ready for this.”
- Beginning to look outside of the family for self-definition.
- Own values not defined.
- “Right and wrong” still seen as black and white.
- Clear limits and boundaries are necessary.

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Middle Development

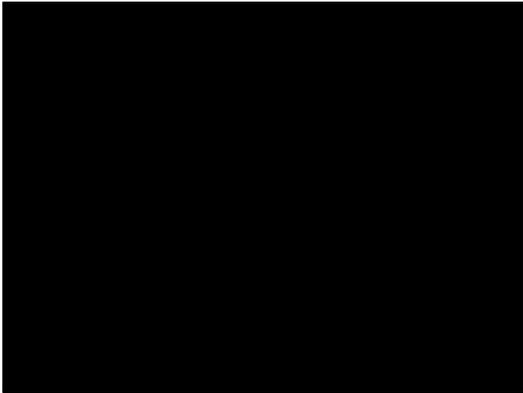
- Girls: 13 – 16.
- Boys: 14 – 17.
- Physical Development.
- These are “classical” teenagers and tweens.
- Body changes are in full swing.
- Intense sexual feelings develop.
- “Puppy Love.”
- Risk of pregnancy is high (50%-1st sexual experience.)

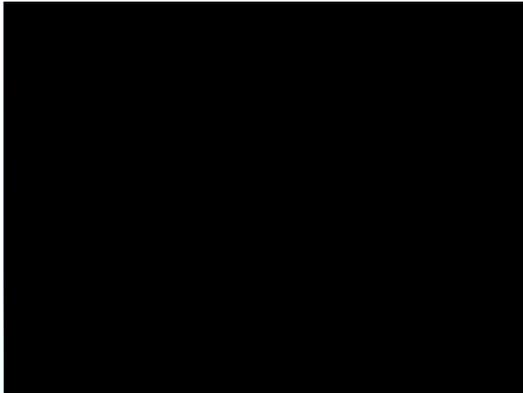
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Cognitive Development Middle

- Abstract thinking begins.
- Playful and modest, yet bold.
- Connections between today/ tomorrow begin.
- Intellectual curiosity develops.
- Period of experimentation.
- Period of idealistic thinking.
- Being a “know it all.”
- No fear of disease or death.





Late Development

- Girls: 16-19.
- Boys: 17-19.
- Physical Development:
 - Physical changes leveling off and ending.
- Less confusion regarding body and changes.
- Greater sense of self control.
- Better, more realistic sense of self, looks, body image, how one compares to another.
- Sexual behavior more prominent.



Cognitive development Late stage

- Adult thinking has developed.
- Future goals more clearly defined and realistically defined.
- Ability to think abstractly has developed.



Psycho- Social Late

- Arriving at concept of self as adult.
- Need to accept the self that has emerged.
- Reflecting back to earlier years to gain better pictures of self.
- Decreased importance of peer group.
- Refining values- large swings and inconsistencies less common.
- Internal controls based on moral principles are more developed.

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Am I Normal?

- These questions are often about something a person worries about and needs reassurance.
- While there may be a factual response, the person needs to know that wanting a response is normal.

Examples:

- "Is it possible to masturbate too much?"
- "How big is a guy's penis supposed to be?"
- "How does someone know if they're gay?"

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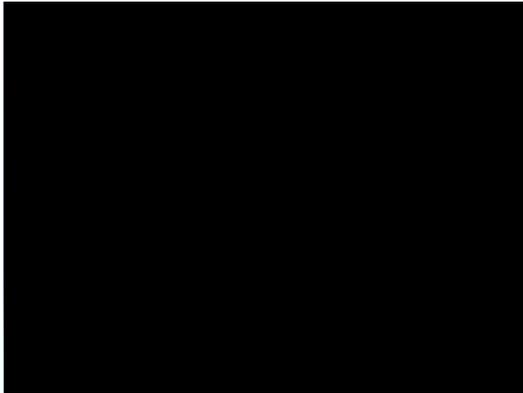
The Meaning Behind a Question

- Information Seeking
- These are straight forward questions that have specific, factual answers

Examples:

- "How does a condom work?"
- "What does oral sex mean?"
- "Can you get an STD from a toilet seat?"

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Permission-Seeking Advice

- These questions are really about a decision that a teen is trying to make and needs permission; sometimes they are looking to be talked out of their decision.

Examples:

- “At what age is it ok to have sex?”
- “How do people have sex?”
- “Is it ok to date someone who is older?”



Shock Questions

- These are to test you.
- Language can be graphic.
- Questions might be about your personal life.
- This is a check of your sense of humor.
- Utilize your ability to think on your feet and not get flustered.

Examples:

- “You know all this stuff- you must be good in bed!”
- “If I have sex with 20 guys, does that make me a slut?”
- “My girlfriend smells like dead fish, what should I do?”



Personal Beliefs

- These questions are about how much your willing to share about yourself.
- Most of the time sharing information is not appropriate.

Examples:

- "How old were you the first time when you had sex?"
- "Do you think abortion is wrong?"
- "If you were me what would you do?"

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Tips to Responding to Challenging Questions

- Be prepared, even when you're not!
- Have a stock phrase ready to use as you gather your thoughts.
- Ask for clarity.
- Ask a question in return.
- Turn the situation back to the adolescent.
- Listen.

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Tips cont.

- Refer the youth to someone else if you are uncomfortable and have the option of engaging a co-worker.
- If you don't know the answer, say "I don't know!"
- Youth appreciate honesty.
- They don't expect us to be all knowing.
- If you promise them you will follow up, do it!

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Tips cont.

- Explore a concept with an adolescent.
 - “I know that I should have waited to have sex but...”
- Letting the client talk about consequences will help them to focus on the reality of situations.
 - “What do think might happen if you have unprotected sex?”
- Remain calm, this sounds easy and simple. You don't need to know everything or fix everything.
- Work within your role/job description.

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