

# Adolescent Development Preservice

### **Learner Guide**

October 2022 Version 1.0



## Table of Contents

Learning Objectives 3 What is Happening in Adolescence? 3 Supporting Adolescent Development 5 Application 6 Resources 6



### **Learning Objectives**

- Describe the developmental changes happening in adolescence
- Describe your role in **preparing youth** for independent living
- Identify strategies to support positive adolescent development

### What is Happening in Adolescence?



#### **Brain Development**

Adolescents have a less mature cortex (logical part of the brain) and a more mature limbic system (emotional part of the brain).

When they experience an event that creates strong emotions, emotions drive their decisions.

Notes:

**Reflection:** Think about a time in your adolescence when you made a bad decision.



- What were the **circumstances** around the decision?
- Were you in a heightened emotional state?
- What did you **learn** from the experience?

Identity Exploration Identity is formed through exploring relationships, activities, and interests, then either embracing or rejecting what they have tried.

Identity is influenced by how others see us. What are some **labels** teens in care are given? How might these labels influence their **sense of self**?

Teens need to know basic information about their **family and culture** to help them form their identity. How did information, or lack of information, about your family **impact your ability to form your identity**?

Notes:

**Reflection:** Can you support a teen's identity exploration even if their exploration isn't consistent with your values?

#### Life Skills

Teens 14 and older are required to have a life skills assessment and an independent living plan. If they emancipate from care, they will have a Transition Plan.



Notes:

**Reflection:** Are you prepared to take an active role in teaching children life skills?

### Supporting Adolescent Development

#### Relationships

Teens need **relationships** with a wide array of adults who can provide them with **diverse experiences**.

What do teens need from adults to become successful?

#### **Experiences**

Teens need an array of **activities and experiences** *Adolescent Development* - Learner Guide to help them become successful adults.

What are normal **teen activities**? What **life skills** do teens learn from these activities?

Teens should be actively involved as members of their child protection team and provide input into any decisions made about them.

### Application

Write down one or two steps you will take to learn more about adolescent development.



### Resources

Ohio' Life Skills Toolkit: <u>http://jfs.ohio.gov/ocf/ILSkillsToolkit32019.stm</u> Casey Life Skills Toolkit: <u>https://www.casey.org/casey-life-skills/</u>

The Youth Connections Scale <u>https://www.cascw.org/portfolio-items/ycs/</u> Permanency Pact, created by FosterClub:

https://www.fosterclub.com/sites/default/files/Permanency%20Pact\_0.pdf Bridges Program: https://www.ohiochildrensalliance.org/bridges-program Supreme court of Ohio's Youth Engagement in court Proceeding Toolkit: https://www.supremecourt.ohio.gov/JCS/CFC/resources/youthEngagement/ youthEngagement.pdf