

NOAS

PreService:

Adolescent Development

Learner Guide

Overview

- ✚ This course explores what happens during adolescence, including brain development, identity development, and life skills development and explores how learners can support adolescents through this period of development.

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.
- ✚ 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.
- ✚ Teens need to know basic information about their family and culture to help them form their identity.

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.

Supporting Adolescent Development Relationships

- ✚ Teens need relationships with a wide array of adults who can provide them with diverse experiences.
- ✚ Teens need an array of activities and experiences to become successful adults.
- ✚ Teens should be actively involved as members of their child protection team and provide input into any decisions made about them.

Notes:



NOAS
FOSTER ♥ CONNECT ♥ SUPPORT
Connections for youth - Support for families



CWTP | Ohio Child Welfare
Training Program

Resources

Ohio' Life Skills Toolkit: <http://ifs.ohio.gov/ocf/ILSkillsToolkit32019.stm>

Casey Life Skills Toolkit: <https://www.casey.org/casey-life-skills/>

The Youth Connections Scale <https://www.cascw.org/portfolio-items/y/cs/>

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:

[youthEngagement.pdf](#)