Module 18: Adolescence & Adulthood

Adolescence: Puberty

- Puberty: developmental period, between ages of _____& _____, when the individual experiences significant biological changes that result in developing secondary sexual characteristics & reaching

- Changes during:

<table>
<thead>
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<th>Girls:</th>
<th>Boys:</th>
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<tr>
<td>- Increase in physical growth, starting at</td>
<td>- Increase in physical growth, starting at _____</td>
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<td>- Female sexual maturity</td>
<td>- Male sexual maturity</td>
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<td>- _________: first menstrual period; average age: 12.5 years old</td>
<td>- _________: growth of genital organs &amp; production of sperm</td>
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<td>- _________: one of major female hormones; increases _________ at puberty &amp; stimulates primary &amp; secondary sexual characteristics</td>
<td>- _________: major male hormone: increase by as much as 18 times more than before puberty</td>
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<td>- secondary sexual characteristics: changes, such as development of breasts, begins at _____</td>
<td>- secondary sexual characteristics: growth of pubic &amp; facial hair, deepening of voice</td>
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- _________: area of the brain which stimulates the _________ to produce hormones that travel throughout the bloodstream & increase hormone production during puberty

Early maturing

- Girls: more shy, _________, rate lower on social skills & try cigarettes & alcohol earlier than later-maturing classmates
- Boys: more confident, relaxed, socially _________, popular & highly regarded by _________

Late maturing

- Boys: lack self-confidence & self-esteem, are more _________ on parents & less highly regarded by peers

Psychological differences between early and late maturing girls & boys _________ & disappear with age

Adolescent Issues: Sexual Activity

- Becoming sexually active

- Early 2000s, _________ high school students reported engaging in sexual activity (down from 53% in 1990s)
- Teenage boys consistently report earlier & more sexual activity than teenage girls
- Age at which teenagers actually engage in sexual activity is _________ than what they think is the best age
- Curiosity, _________coverage, lack of parental guidance & peer pressure play a large role in motivating sexual activity
- Reasons teenagers gave for abstaining: _________ parents, feeling unready, future plans, _________ programs, _________
- Majority of teens are not emotionally, psychologically, or mentally prepared to deal with strong sexual feelings & desires
- Half of sexually active teens don’t use _________, which can lead to STDs or _________

Adolescent Issue: Sexual orientation
Sexual Behavior

3 psychological sex factors:
- 1st step: gender identity
- 2nd step: gender _______________
- 3rd step: sexual orientation

Sexual orientation or sexual ________________: whether a person is sexually aroused by members of his/her own sex, the opposite sex

_________ orientation: pattern of sexual arousal by persons of the same sex (3-4% of American population)

Bisexual orientation: pattern of sexual arousal by persons of _______________ sexes (small %)

_________ orientation: pattern of sexual arousal by persons of the opposite sex (96-97%)

Most popular model that explains how we develop sexual orientation:
- _______________ model of sexual orientation:
  genetic & biological factors interact with psychological factors to influence the development of sexual orientation

Ex.: Joan-John case suggests that humans may have a genetic _______________ to develop a male or female gender identity & gender orientation

Other evidence of genetic/biological basis for homosexuality:
- Higher rate of homosexuality among ________________ twins than fraternal twins or adopted siblings
- One study identified a similarity on X chromosome for 33 out of 40 gay brother pairs; not all researchers have replicated results
- Most gays report becoming aware of their orientation around ________________, usually before knowing much about or engaging in homosexual behavior

Psychological factors:
- Many gay men & lesbian women recalled engaging in more behaviors of the opposite sex as children than did heterosexual adults
- Until 1970s, virtually all professional health organizations considered homosexuality to be an _______________ condition that often required _______________ to change
- Now, it is understood that homosexuals are as mentally _______________ as heterosexuals & it is a normal form of expression of sexual behavior & all discriminatory practices toward homosexuals are discouraged
- Gender identity disorder, or _______________ is when a person who has a strong & persistent desire to be the other sex, is uncomfortable about being one’s assigned sex & may wish to live as a member of the other sex
- No clear understanding why
- _______________ rate of incidence for males & females
- Transsexuals may seek _______________ to change their sex organs

Adolescent Cognitive Development
- _______________ approach: views adolescent development on many levels, including hormonal, neural, sexual, cognitive, social, and the personality changes that interact & influence each other
- Cognitive development: how a person perceives, thinks & gains an understanding of his/her own world through the interaction & influence of genetic & learned factors.
  - In Piaget’s _______________ operations stage: developing the abilities to think about abstract or hypothetical concepts, to consider an issue from another’s viewpoint & to solve cognitive problems in a logical way.
  - The teenage brain is still developing
  - _______________ cortex: “executive officer”
  - Researchers found that the adolescent’s prefrontal cortex is still in the process of development & does not have the ability to think, reason, decide, or _______________ like an adult
In this stage, experiences can interfere with the adolescent’s brain developing a healthy & reasonable executive center.

Also explains **why adolescents engage in risky behavior**; don’t have the neural bases to analyze risks & make intelligent decisions.

_______________ system: system of interconnected structures that are involved in motivational behaviors, organizing emotional behaviors, and memories.

Sex hormones, which are secreted in abundance in during puberty, increase the growth of limbic system structures.

This explains teens’ moody, emotional & behaviors.

Adolescent Moral Reasoning

**Theory of Moral Reasoning;** 3 levels

**Level 1 Self-Interest**

- **level- 2 stages**
  - Stage 1: moral decisions are based on fear of punishment or the need to be
  - Stage 2: moral reasoning is guided by most by satisfying one’s self-interest

**Level 2 Social**

- **Conventional level (intermediate level)- 2 stages**
  - Stage 3: moral decisions guided most by conforming to the standards of others we value
  - Stage 4: moral reasoning determined most by conforming to of society (many adolescents & adults are at this level)

- **Level 3 Abstract Ideas**
  - **level (highest level)**
    - Stage 5: moral decisions are made after carefully thinking about all the & striking a balance between human rights & laws of society

Parenting styles

Different styles of parenting also affect adolescents:

- **3 styles:** authoritarian, ___________, permissive
- Different parenting styles can have significantly different effects on the cognitive, social, and development of adolescents.
- The better the is between the adolescent & parent, the less likely the adolescent will engage in ___________ behaviors.