

A young woman with long dark hair is captured mid-jump, her arms raised high in a gesture of joy or freedom. She is wearing a black tank top, a colorful, multi-layered skirt or wrap, and dark shorts. The background is a vast, open landscape with a clear blue sky and a ground covered in light-colored rocks and sparse green vegetation. The overall mood is one of youthful energy and optimism.

Youth Development

Created by Stella Thalluri

“Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity”. 1 Timothy 4:12.

Youth Development



- "Your body is the temple of the Holy Spirit"
- (1 Corinthians 6:19)
- If my body is created to be a "temple" out of which I worship and serve God, then I am obligated to keep my body in its optimal condition so I can heighten the capacity for servicing God and others.
- "My body is not my own, I was bought at a price" (1 Corinthians 6:20).
- As a Christian I am obligated to practice a wise stewardship of my body, which is a gift from God.



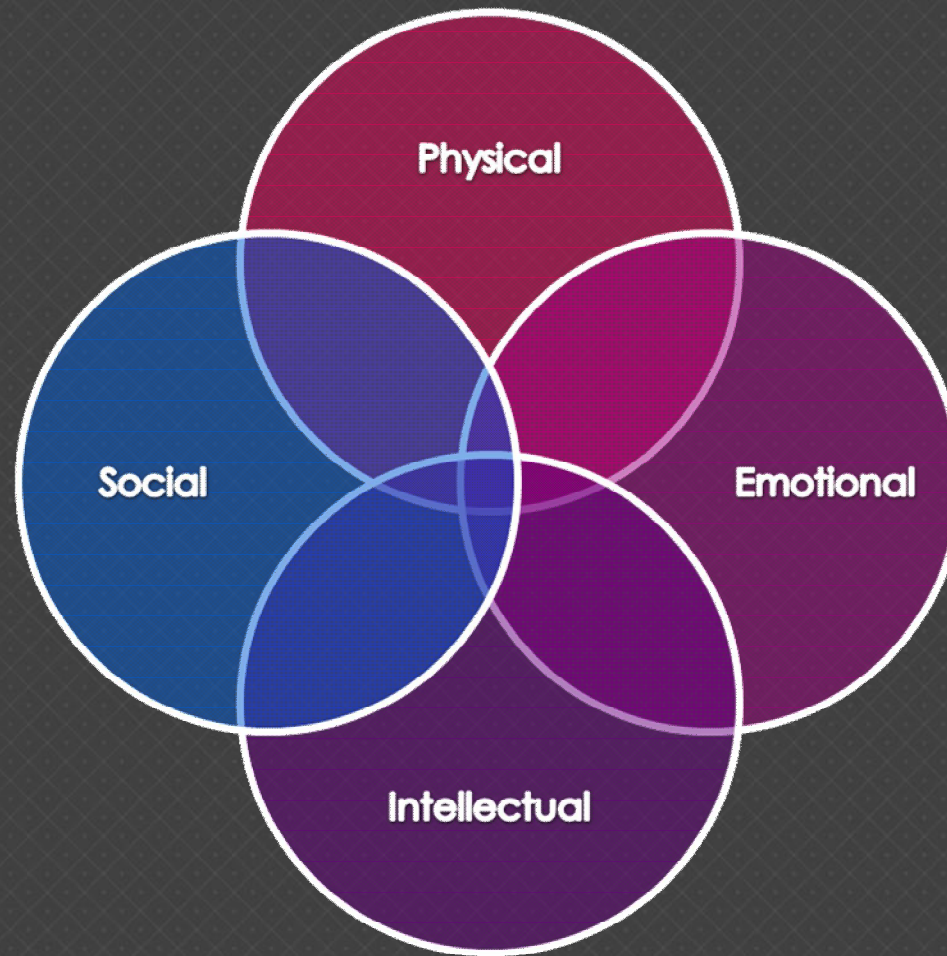
YOUTH DEVELOPMENT

- What is it?
- What can we expect?
- When does it happen?

Introduction

- From around the age of 11, a child begins a lengthy journey through their life known as 'youth'.
- It is through this period of time, from age 11 to 18, that they will experience rapid **physical**, **intellectual**, **emotional** and **social** development.
- This presentation will give you some insight into what your child is or will go through during this critical period of development.

What is 'Development'?



Development is a process that begins at conception and ends at death. Every person's rate of development varies, however the order in which we experience it is the same.

For the purpose of this presentation, we will be focusing on the development of a human between the ages of **11 and 19**, which is the second most critical stage of development, the first being infancy.

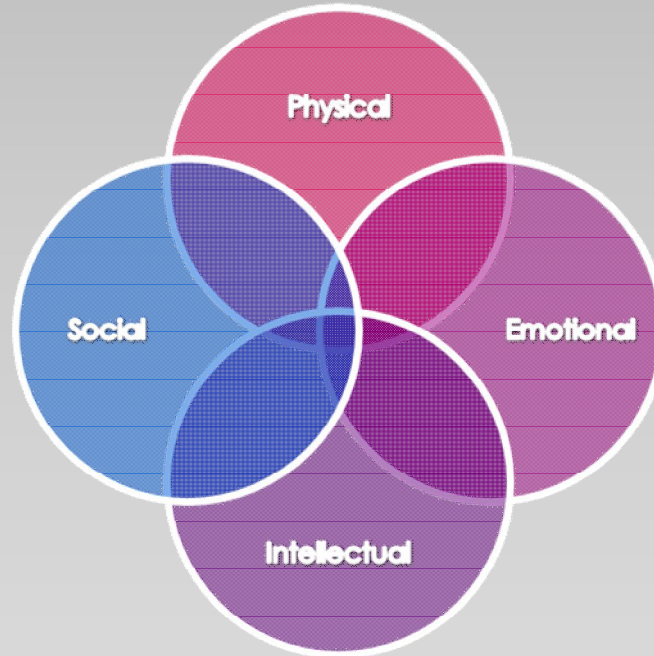
Development can be separated into four aspects, **Physical**, **Intellectual**, **Emotional** and **Social** development.

What can
be
expected
during this
time?



We all know that Youth
Can be a confusing time, but
What exactly should we expect?

Here is a basic representation of the four
dimensions of development and their interrelation.



PHYSICAL DEVELOPMENT,

Includes changes such as height and weight
And the development of reproductive organs
As a young person beings to sexually mature.



INTELLECTUAL DEVELOPMENT,

Introduces changes such as the ability to hypothesize and think about what is to come, rather than what is.



EMOTIONAL DEVELOPMENT,

Includes changes such as self-esteem,
Fluctuation of moods and increased risk-taking,
both good and bad.

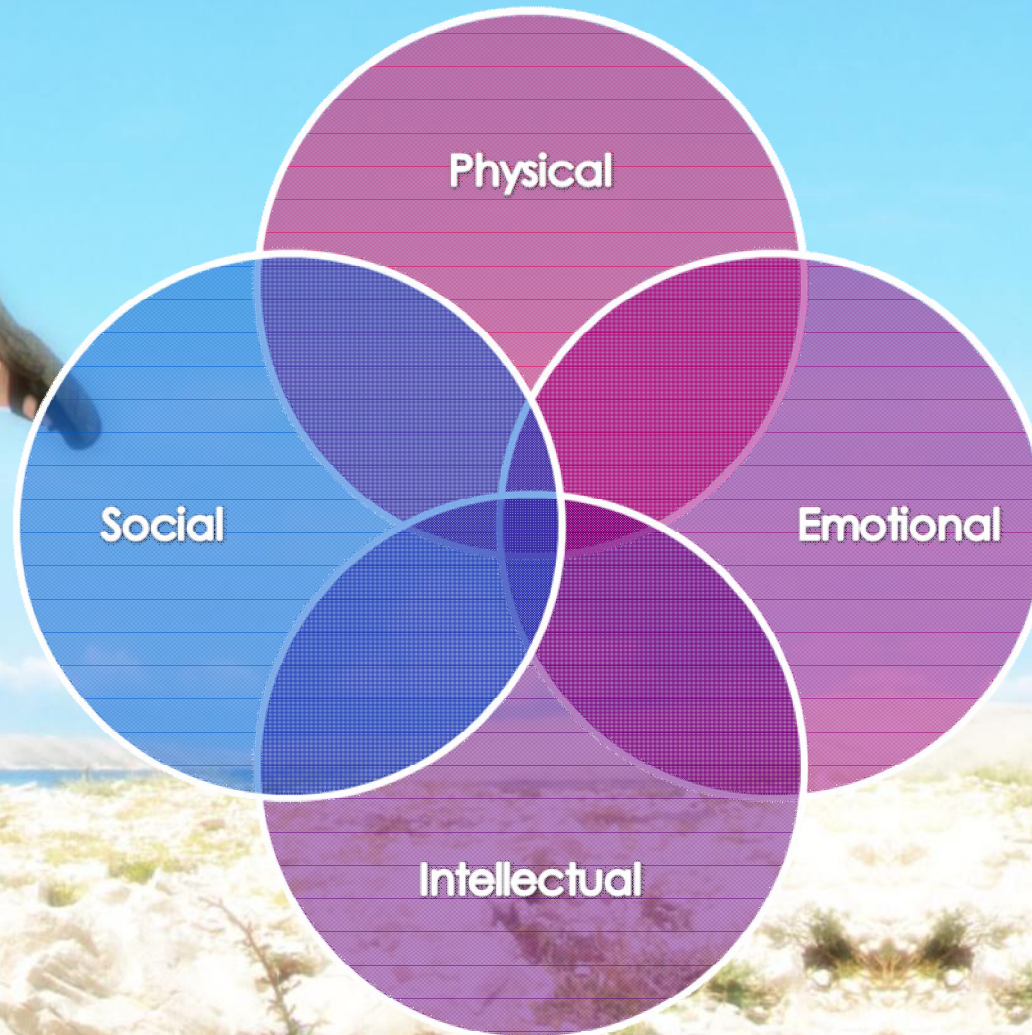


SOCIAL DEVELOPMENT,

Includes changes such as peer groups, the need to Conform, and the development of relationships Outside of the friend/family circle.



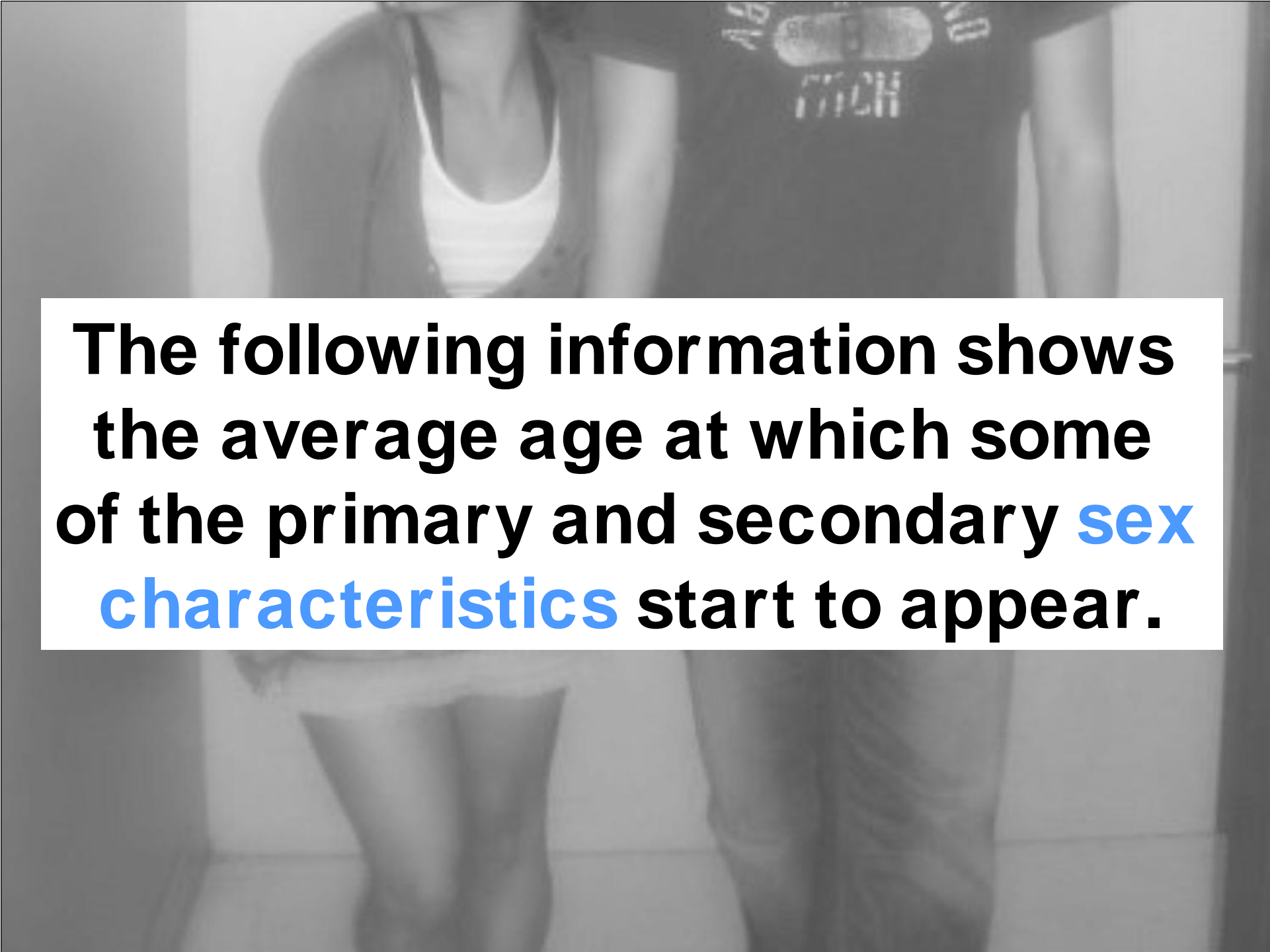
The following slides present these four
Dimensions of development in much
more detail.



Physical Development

Physical Development is seen as changes in the body such as, but not limited to, weight and height. During this stage the limbs usually lengthen, facial bone structure becomes more oval than round and primary and secondary sex characteristics start to appear.

The development of primary and secondary **Sex Characteristics** is prominent in this stage. So many changes will occur in a short amount of time that it can often be overwhelming.



The following information shows the average age at which some of the primary and secondary **sex characteristics start to appear.**

FEMALE SEX CHARACTERISTIC DEVELOPMENT

AVERAGE AGE OF APPEARANCE

- 11** BREAST BUDDING
- 12** GROWTH OF PUBIC HAIR
GROWTH SPURT PEAK
CHANGE IN BODY SHAPE
- 13** GROWTH OF UNDERARM HAIR
- 13-14** FIRST PERIOD (MENARCHE)
- 15** ADULT BREAST SIZE

MALE SEX CHARACTERISTIC DEVELOPMENT

AVERAGE AGE OF APPEARANCE

12 GROWTH OF SCROTUM AND TESTES

12-13 GROWTH SPURT PEAK

13 LENGTHENING OF PENIS
GROWTH OF PUBIC HAIR

14 GROWTH OF UNDERARM HAIR
CHANGE IN VOICE RANGE

15 GROWTH OF FACIAL HAIR

MY PERSONAL EXPERIENCE: With physical development

Physical development can be a really emotional experience. I remember sitting in the classroom on a hot summer day with my school jumper on, hoping no-one would notice that my breasts had started developing.

Having to cope with these changes before your peers is extremely hard and makes you feel as if you're 'freakish' and can tie into the emotional and social development of youth.

Intellectual Development

At this stage, a human is slowly coming into **independence, and therefore must develop the correct thinking processes and attitudes to handle that responsibility.**

It is at this time that a young person's thinking will progress from being centered, to being able to estimate, hypothesis, reflect, predict and overall become increasingly aware of their situations and surroundings, rather than only being aware of the present and their own selves.

New thoughts and ideas are recognized at this time that may be unsettling, but can also provide the building blocks for new experiences.

In short, some of these changes may be:

- **Increased Control of Thinking Processes**
- **Thinking outside personal experiences**
- **Increased ability to explain problems, events and feelings.**
- **Exploring possibilities**



MY PERSONAL EXPERIENCE: With intellectual development

The phrase “When I grow up, I want to be...” has a place in every child’s life. However, up until the age of 13, this statement was often unrealistic.

At 13 I came to realize that I couldn’t actually become a’ Power Ranger’, and I would have to set my goal to something more achievable.

Even though I didn’t know what kind of career I wanted to pursue until I was 17, the realization between an obtainable and unobtainable long term goal had dawned on me.

Emotional Development

As youth begins to develop **intellectually**, and their thought processes become more complex, they start to also develop emotionally. This can be seen in the form of mood swings, self esteem, risk taking and revolting.

Young people will become more in-tune with their feelings and thoughts, and learn how to convey and control these appropriately in many circumstances and environments.

Some of the thoughts and feelings that these young people might experience are:

- Confusion

- Fear

- Wanting to take risks

- Awkwardness

- A need to conform/fit in

- In a hurry to grow up

- Peer Pressure

- Infatuation and romance

MY PERSONAL EXPERIENCE: With emotional development

For every person, there was a time in their life that they would rebel at all costs. In my case I became a frustrated and violent teenager.

I was angry with everything; my parents for treating me like a child, myself for not looking like a supermodel, school for being lame, boys for being cruel... the list would go on and on.

Eventually I started to realize that I had to take a step back and reason with these emotions, that sometimes they were entirely inappropriate and that I needed to learn to understand and control them.

Social Development

During youth, young people tend to shift their **social relationships** further away from family and more towards friends. They start to become interested in the opposite sex, and inject themselves into mixed-gender social groups.

They will also expand their social experience outside of family and friends, and may include teachers, co-workers, team members and others. This expansion of social interaction allows them to learn **socially acceptable language and behaviour** when communicating with a wide range of people.

MY PERSONAL EXPERIENCE: With social development

I'd always had my small group of female friends in school, until the 2nd or 3rd year of high school.

All of a sudden there were a few males in this circle of friends, but instead of shooing them away, yelling that they had cooties, they blended in flawlessly. And it was **acceptable** to us. Our teachers started becoming 'cool' instead of evil, and we began to see that not all adults were 'out to get us'.

With this knowledge, we placed more trust in people, therefore **broadening our social experience**.

God's purpose for you

- Now the word of the Lord came to me, saying, "Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations." Then I said, "Ah, Lord God! Behold, I do not know how to speak, for I am only a youth." But the Lord said to me, "Do not say, '**I am only a youth**'; for to all to whom I send you, you shall go, and whatever I command you, you shall speak. Do not be afraid of them, for I am with you to deliver you, declares the Lord." Jeremiaiah 1:4-8

God's purpose for you

- ◉ God knew you, as he knew Jeremiah, long before you were born or even conceived. HE thought about you and planned for you. When you feel discouraged or inadequate, remember that God has always thought of you as valuable and that he has a purpose in mind for you.
- ◉ God's purpose for you is unique like no other one. He designed you to fulfil His purpose in your life. **He will equip you and develop you in those areas of growth that he will use you.**
"Trust in the LORD with all your heart And do not lean on your own understanding. In all your ways acknowledge Him, And He will make your paths straight". Proverbs 3:5-6

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