

Those Gangly Years Class Notes

1. The Early Adolescent
 - a. What is an early adolescent? 10-15 generally.
 - b. My Girl Video Clip
2. Physical Development
 - a. For some, physical development or lack thereof is the dominant central theme in their lives – easy to “tune out” other things.
 - b. Height 2-4 inches per year / Weight 8-10 pounds per year – come in irregular growth spurts of varying rates, with extremities more rapidly, feet often too big for the rest of the body, leads to clumsiness, embarrassment
 - c. Majority of bone formation occurs, bone growth surpasses muscle growth – more common to experience bone fractures or breaks. OR can easily over extend muscular structure and cause permanent damage. (be careful not to push the physical limits)
 - d. Skeletal structure hardens – example: tail bone hardens causing pain in the posterior region – wiggly, squirmy, can’t sit don’t like to sit. Acquire Kneecaps.
 - e. Arm pit perspiration increases
 - f. Hormonal changes – Pituitary gland increases hormone release. Adrenal gland irregular and releases huge quantities of adrenaline at a time – causing energy surges
 - g. IMPLICATIONS
 - i. EA compare themselves with others and leads to dissatisfaction with body image. “Imaginary Audience” – someone is always watching them – this is why bedroom is so important and EA want to shut the door. – “Mirror Checking”
 - ii. Need to be allowed to move around and not expected to be perfectly still always
3. Sexual Development
 - a. Puberty – estrogen and testosterone are produced
 - b. Happens at different rates and speeds - easy to develop negative image, especially in girls.
 - c. Embarrassed if they are a “late developer” or if they are an “early developer”
 - d. PAGE 21 Interview describes feelings of uncertainty and embarrassment about body.
4. Intellectual Development
 - a. Being able to move from concrete to abstract reasoning – meaning they begin to think logically about verbal statements without having an object to touch or look at.
 - b. They can use language to expand thinking – they can join reading and thinking together.
 - c. Become more aware of their own unique talents and interests.
 - d. Can connect their feelings with their thoughts – not so emotionally driven.
 - e. Can handle more responsibility
5. Social & Personal Development
 - a. Their own worth defined by how they see other’s perceive them.
 - b. EA develop their self image (am I able or unable, responsible or irresponsible, valuable or worthless.”
 - c. The Big Lie – I am inadequate because I am different. This is media driven by their portrayal of “perfect”. Climax at age 12
 - d. Sense of Autonomy – transition between childhood and adulthood – at times, may want to be independent and show very mature behavior. In the next minute, they have reverted to childish behavior and want support and affirmation from an- adult.
 - e. Relationships with Peers- Drives their whole existence – am I accepted or rejected? Changes daily or hourly. Will go to great lengths to be accepted by a group of peers. Cling to the security of a social group – will go so far to give up their own individuality to be accepted.
 - f. Relationships with Family – EA want to be loved, accepted, cared for, and provided with stability by their families... even though they might not admit it.
 - g. Form a healthy sense of identity when they can address their needs for competence, autonomy, and social support.
6. Describe three characteristics of adolescence that directly impact the Pathfinder Club.
7. Conclusion

- a. EA are often Stereotyped as troublesome, unpredictable and disrespectful, confused, or wild. Certainly, EA is a time of a great range of major developmental changes, but what we must remember is that each EA goes through this time of “stress and storm” differently at different rates and speeds and reacts in different ways.
- b. I hope this class has given you some insight into that process and can help you understand the behavior and actions that your pathfinders may often times exhibit.

What is an Early Adolescent?	
Physical Development	
Sexual Development	
Intellectual Development	
Social & Personal Development	

Those Gangly Years Article by Anne Petersen

What are the similarities and differences girls and boys feel about maturing early? Late?	
Differentiate between how boys and girls express and deal with this turmoil.	
Describe three characteristics of adolescence that directly impact the Pathfinder Club.	