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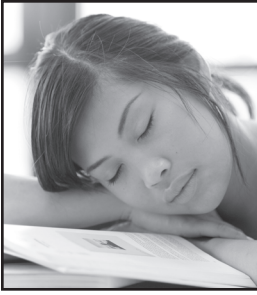
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UNIT 1 Perspective on Adolescent Development

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- 1. Passage to Adulthood**, Frank F. Furstenberg, *The Prevention Researcher*, April 2010
Today, young people are transitioning to adulthood later in life than they were in the 1960s and 1970s. Why has this change occurred, and what does it mean for young adults, their families, and the larger society? This article discusses the **transition to adulthood** from a historical perspective. It then explores the challenges of this later transition for vulnerable youth, and discusses a few of the many policy changes which can support them. 2
- 2. The Independence of Young Adults, in Historical Perspective**, Michael J. Rosenfeld, *Family Therapy Magazine*, May/June 2010
An overview of the **living arrangements of unmarried, young adults** from the colonial period, through World War II, to the present and a look at the emergence of the Independent Life Stage in 1960. 8
- 3. Adolescent Decision Making: An Overview**, Bonnie Halpern-Felsher, *The Prevention Researcher*, April 2009
An important **developmental task** during adolescence is learning to make **decisions**, experiencing the related positive and negative consequences, and learning from these outcomes. However, youth's ability to make competent decisions is sometimes called into question because adolescence is also often a time of engagement in **risky behaviors**. This article provides an overview of adolescent decision making and discusses implications that are relevant to those who work with youth. 11
- 4. Something to Talk About**, Ashley Jones, *EContent*, March 2008
The article presents results of a study that shows that teenagers today are more **connected** than ever, and with the help of the **Internet**, will become even more intertwined. 17
- 5. Intuitive Risk Taking during Adolescence**, James D. Holland and Paul A. Klaczynski, *The Prevention Researcher*, April 2009
Adolescents frequently engage in **risky behaviors** that endanger both themselves and others. Critical to the **development** of effective **interventions** is an understanding of the processes adolescents go through when deciding to take risks. This article explores two information processing systems: a slow, deliberative, analytic system and a quick, intuitive system. The advantages and disadvantages of reliance on intuitive decision making and the difficulties adolescents must overcome in overriding intuitive processing with analytic processing are featured. 19

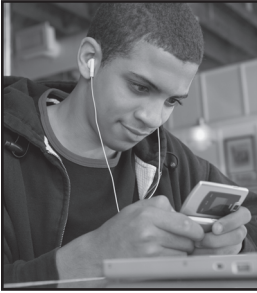


UNIT 2

Developmental Changes of Adolescents: Physical, Cognitive, and Social

Unit Overview

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| 6. Healthier Students, Better Learners , Beth Pateman, <i>Educational Leadership</i> , December 2003/January 2004
The author addresses the links between student health and academic performance . She cites the efforts of the Council of Chief State School Officers and the Association of State and Territorial Health Officials to encourage development of state education programs in the schools. She describes the Health Education Assessment Project . | 28 |
| 7. Mental Assessment Test , Eddy Ramirez, <i>U.S. News and World Report</i> , May 12, 2008
This article discusses the challenges faced by college applicants with mental health issues , as well as the worries on the part of college admissions offices. | 31 |
| 8. Body Dissatisfaction in Adolescent Females and Males: Risk and Resilience , Katherine Presnell, Sarah Kate Bearman, and Mary Clare Madeley, <i>The Prevention Researcher</i> , September 2007
An understanding of the factors that increase the risk for body dissatisfaction can help guide prevention efforts . This article examines the prevalence of body dissatisfaction among adolescent boys and girls, discusses the role of body dissatisfaction in psychological disorders , and explores predictors of the development of body dissatisfaction. | 33 |
| 9. Goodbye to Girlhood , Stacy Weiner, <i>The Washington Post</i> , February 20, 2007
This article describes the troubling trend of women and girls in sexual media depiction . Pop culture images are targeting younger girls and the psychological damage as a result is forecasted to include eating disorders, lower self-esteem, and depression . | 38 |
| 10. The Teenage Brain: Why Adolescents Sleep in, Take Risks, and Won't Listen to Reason , Nora Underwood, <i>The Walrus</i> , November 2006
The author believes that the brain may be the key to why adolescents sleep in, take risks, and won't listen to reason . The teen brain is able to easily master new technology , which is a real positive. | 41 |
| 11. Adolescent Stress: The Relationship between Stress and Mental Health Problems , Kathryn E. Grant et al., <i>The Prevention Researcher</i> , September 2005
There is evidence that increases in stressful life events account, at least in part, for the increased rates of psychological problems in adolescents. This article introduces the issue of adolescent stress by providing a general conceptual model of the role of stressors in the development of mental health problems for adolescents. | 47 |
| 12. I'm Just Tired: How Sleep Affects Your Preteen , Teri Brown, <i>Parenting</i> , February 2010
Dr. Schoumacher suggests that parents control the sleep that a preteen gets. Preteen is the last age at which a parent may be able to control this important need. | 52 |



UNIT 3

Relationships of Adolescents: Family, Peers, Intimacy, and Sexuality

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13. Supporting Youth during Parental Deployment: Strategies for Professionals and Families , Angela J. Huebner and Jay A. Mancini, <i>The Prevention Researcher</i> , December 2008, Supplement The recent wars in Iraq and Afghanistan have heightened our awareness of the stresses placed on military service members and their families. This article explores the ways that youth development professionals can support youth and their families through all phases of military deployment.	57
14. When Play Turns to Trouble: Many Parents Are Now Wondering: How Much Is Too Much? , Jennifer Seter Wagner, <i>U.S. News and World Report</i> , May 19, 2008 Some parents are wondering: How much is too much time spent playing computer and video games ? Many teenagers are becoming addicted .	63
15. Aggression in Adolescent Dating Relationships: Predictors and Prevention , Jennifer Connolly and Wendy Josephson, <i>The Prevention Researcher</i> , December 2007 In many adolescent romantic relationships youth act aggressively toward each other. This article reviews adolescent dating aggression , focusing on warning signs and methods prevention .	66
16. A Host of Trouble , Emma Schwartz, <i>U.S. News and World Report</i> , October 8, 2007 Parents are being held criminally liable for their teen's drinking parties .	71
17. Adolescent Sexual Attitudes and Behaviors: A Developmental Perspective , Bonnie L. Halpern-Felsher and Yana Reznik, <i>The Prevention Researcher</i> , November 2009 Understanding adolescents' attitudes regarding sexual behavior is key to understanding why they choose to engage or not engage in sex, which sexual behavior(s) they initiate and continue, and the outcomes experienced during and following sexual behavior. This article briefly explores adolescent sexual behavior, positive and negative outcomes experienced, and the social and environmental influences that shape adolescents' sexual attitudes .	74
18. Sex, Sexuality, Sexting, and SexEd: Adolescents and the Media , Jane D. Brown, Sarah Keller, and Susannah Stern, <i>The Prevention Researcher</i> , November 2009 Typically, adolescents spend six to seven hours a day with some form of media , including the traditional media and the new digital media. Both are being used by youth as they learn more about their developing sexuality . This article reviews how youth are using the new media to learn about sex , and how it can be employed to promote healthier sexual behavior .	80
19. Teens, Porn and the Digital Age: From Shame to Social Acceptability , Todd Melby, <i>Contemporary Sexuality</i> , September 2010 In the digital age , porn sites are only a click away for teenagers. Todd Melby reports on the study of adolescents and pornography and explains how to talk to teens about the topic.	87



UNIT 4

The Contexts of Adolescents in Society: School, Work, and Diversity

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20. The ‘Alarming’ State of Reading in America , Chuck Leddy, <i>The Writer</i> , May 2008	
The article is based on the report entitled “To Read or Not to Read” released by the National Endowment for the Arts. There is a severe drop in reading among teenagers. The NEA report notes that 38 percent of employers rate high school graduates as “deficient” in reading skills .	93
21. Online Schooling Grows, Setting Off a Debate , Sam Dillon, <i>The New York Times</i> , February 1, 2008	
Half a million American children take classes online. The rapid growth of these schools has provoked debates in court rooms and legislatures over money.	95
22. School’s New Rule for Pupils in Trouble: No Fun , Winnie Hu, <i>The New York Times</i> , April 4, 2008	
One school’s answer to working with students in trouble is to demand adherence to strict rules . An army-drill-instructor approach is discussed.	97
23. The Benefits and Risks of Adolescent Employment , Jeylan T. Mortimer, <i>The Prevention Researcher</i> , April 2010	
Much controversy surrounds the consequences of adolescent paid work and whether it is good or bad for youth. This article summarizes findings from the Youth Development Study, which show that the effects of teen employment on the successful transition to adulthood depends on its patterning through the years of high school and its quality. The article concludes with a discussion of what parents, counselors, and others can do to help youth make sound employment-related decisions to assure effective career exploration and a successful school-to-work transition.	99
24. Immigrant Youth in U.S. Schools: Opportunities for Prevention , Dina Birman et al., <i>The Prevention Researcher</i> , November 2007	
Many of the acculturative struggles of immigrant youth unfold within the school environment . This article advocates for restructuring educational programming and involving immigrant parents to promote the mental health and positive adjustment of immigrant children.	104
25. Reducing School Violence: School-Based Curricular Programs and School Climate , Michael B. Greene, <i>The Prevention Researcher</i> , February 2008	
This article examines two different, but interrelated approaches to reduce school violence: school-based curricular programs , and efforts to change school climate . The state of the research for each approach is reviewed and the relationship between them is explored.	110
26. Why Teenagers Find Learning a Drag , Jessica Hamzelou, <i>New Scientist</i> , March 19, 2010	
New studies reveal possible reasons why teenagers find learning a drag. Possible solutions are suggested.	117
27. Thousands Need Teens to Lead Them Back to School , Jennifer A. Leigh, <i>Psychology Today</i> , February 12, 2010	
There are three types of teens. The author addresses the question “Can one shape a teen’s brain to lead? ”	118
28. High School with a College Twist , Terry B. Grier and Kent D. Peterson, <i>Principal Leadership</i> , December 2007	
Small high schools on college campuses help rekindle the interest of disengaged students. The two factors of small size and the college context are extremely important.	120

The concepts in bold italics are developed in the article. For further expansion, please refer to the Topic Guide.



UNIT 5

Problem Behaviors and Challenges of Adolescents

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29. Video Game Violence , Emily Sohn, <i>News for Kids</i> , January 2007 Extensive research finds that violent video games are harmful. Several specific games are cited and scientific study of the effect of violent video games is reported.	127
30. Interview with Dr. Craig Anderson: Video Game Violence , Sarah Howe, Jennifer Stigge, and Brooke Sixta, <i>PSI CHI</i> , Summer 2008 A scientist, with ongoing research on video game technology , has ample evidence to support increased aggression in children and adolescents who play violent video games. Those with high trait aggressiveness are more influenced to behave with hostility. However, those low in trait aggressiveness are equally affected. Studies about the effect on brain development (ADHD, addiction) continue.	129
31. Adolescents Coping with Stress: Development and Diversity , Melanie J. Zimmer-Gembeck and Ellen A. Skinner, <i>The Prevention Researcher</i> , November 2008 This article summarizes what is known about stress , stress reactions, and coping among adolescents. Throughout, it focuses on typical developmental patterns by highlighting the emerging experiences of adolescents and how they differ from children and adults. It also briefly discusses differences between individuals, boys and girls, and racialethnic or other diverse groups.	132
32. Steroids, the Media, and Youth: A Q&A with Travis Tygart , <i>The Prevention Researcher</i> , December 2009, Supplement This Q&A with Travis Tygart of the U.S. Anti-Doping Agency explores the need for coaches, parents, and the media to help guide teens to make healthy decisions .	139
33. Understanding Cutting in Adolescents: Prevalence, Prevention, and Intervention , Jennifer Dyl, <i>The Brown University Child and Adolescent Behavior Letter (CABL)</i> , March 2008 Author Jennifer Dyl describes cutting as the most prevalent form of non-suicidal, self-injurious behavior . She examines prevalence in teens and then explores possible prevention and intervention techniques.	144
34. Violence in Adolescent Dating Relationships , Ernest N. Jouriles, Cora Platt, and Renee McDonald, <i>The Prevention Researcher</i> , February 2009 This article defines dating violence and reviews the prevalence. It then explores factors that impact dating violence and ends with a review of two school-based prevention/intervention programs .	147
35. Non-Suicidal Self-Injury in Adolescents , Elizabeth E. Lloyd-Richardson, <i>The Prevention Researcher</i> , February 2010 While awareness of non-suicidal self-injury (NSSI) appears to be increasing, it remains one of the most difficult behaviors to encounter, with few professionals feeling well equipped to handle these situations. This introductory article aims to define NSSI, describe its prevalence, and identify common risk factors among adolescents; distinguish NSSI from suicidal behaviors; and explore the motivations for engaging in NSSI.	153
36. Youth's Reactions to Disasters and the Factors That Influence Their Response , Betty Pfefferbaum et al., <i>The Prevention Researcher</i> , September 2008 A number of factors can contribute to youth's reactions to disasters . These factors can include characteristics of the event; the nature of the youth's exposure; and individual, family, and social predictors . This article describes both outcomes and predictors in order to prepare professionals who may work with youth in post-disaster situations.	159
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