PARENTING TEENAGERS
What is adolescence?

Aristotle: “youth are heated by Nature as drunken men by wine”

Socrates: “inclined to contradict parents and tyrannize their teachers”

G.S. Hall (1904) a period of heightened “storm and stress”

1960s and 1970s: attempts to understand the problems as due to “raging hormones”
FIGURE 2. Age at menarche, 1860–1970. (Data from Tanner.⁹)
“At your age, Tommy, a boy’s body goes through changes that are not always easy to understand.”
Qualities of Adolescence

Drive to experiment mixed with inexperience → audacity and insecurity
Intense emotional experiences
Ambivalence and argumentative
Inconsistent expectations of adult behaviour
Strong peer group need
Concrete ➔ Formal Operational Thought

The ability to reason hypothetically

The ability to think about thinking

The ability to plan ahead

The ability to think beyond conventional limits

50% adults operating in this stage most of the time

Cole and Cole 1993

Kuhn 79; Arlin 75; Sloman 1996
Weithorn 1982

Understanding:
- Enuresis
- Depression
- Epilepsy
- Diabetes
Development

Human development takes place through processes of progressively more complex reciprocal interactions between the developing person and their environment

Bronfenbrenmar

We believe adolescents are persons with specific qualities and characteristics who have a participatory and responsible role to play, tasks to perform, skills to develop at that particular time of life. The degree or extent to which an adolescent experiences such responsible participation will determine and maximise his human development

Konopka 1973
Development is a stepwise process

Individual

Freud's Psychosexual development
Erik Erikson “eight ages of man”
Piaget four sequential periods

Behavior can be learned

Family

Attachment and Neglect
Development requires caregivers

Social

Garmezy's hallmarks of competence
Peers, education and work

The context for development is within communities and society
Healthy Youth Development - Konopka

“Just as cruelty spurs cruelty, so does love breed love “

Key issues of adolescence

Experience of physical sexual maturity
Increasing autonomy → moving toward interdependence
Consciousness of self in interaction
Re-evaluation of values
Experimentation
The Youth2000 Survey Series

1. National Secondary School Student Surveys
   2001 - 9,699 adolescents
   2007 - 9,107 adolescents
   2012 - 8,500 adolescents

2. School Climate Surveys
   2007 School Climate
   2012/13 School Climate

3. Alternative Education Surveys
   2009 - 335 adolescents
   2000 – 268 adolescents

4. Teen Parent Unit Survey
   2006 - 220 adolescents

5. Wharekura Survey
   2007 – 22 kura and 677 taiohi*

www.youthresearch.auckland.ac.nz

*confidential report
<table>
<thead>
<tr>
<th></th>
<th>2001</th>
<th>2007</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Schools</strong></td>
<td>114 (86% response)</td>
<td>96 (84% response)</td>
<td>91 (73% response)</td>
</tr>
<tr>
<td><strong>Decile</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>low</td>
<td>n 26</td>
<td>n 15</td>
<td>n 26</td>
</tr>
<tr>
<td></td>
<td>% 22.9</td>
<td>% 16.3</td>
<td>% 28.6</td>
</tr>
<tr>
<td>med</td>
<td>n 49</td>
<td>n 52</td>
<td>n 36</td>
</tr>
<tr>
<td></td>
<td>% 43.1</td>
<td>% 56.5</td>
<td>% 39.6</td>
</tr>
<tr>
<td>high</td>
<td>n 39</td>
<td>n 25</td>
<td>n 29</td>
</tr>
<tr>
<td></td>
<td>% 34.2</td>
<td>% 27.2</td>
<td>% 31.9</td>
</tr>
<tr>
<td><strong>Students</strong></td>
<td>9,567 (73% response)</td>
<td>9,107 (74% response)</td>
<td>8,500 (68% response)</td>
</tr>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>n 4,414</td>
<td>n 4,911</td>
<td>n 3,874</td>
</tr>
<tr>
<td></td>
<td>% 46.1</td>
<td>% 54.0</td>
<td>% 45.6</td>
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<tr>
<td>Female</td>
<td>n 5,152</td>
<td>n 4,187</td>
<td>n 4,623</td>
</tr>
<tr>
<td></td>
<td>% 53.9</td>
<td>% 46.0</td>
<td>% 54.4</td>
</tr>
<tr>
<td><strong>Ethnicity</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Māori</td>
<td>n 2,325</td>
<td>n 1,702</td>
<td>n 1,701</td>
</tr>
<tr>
<td></td>
<td>% 24.7%</td>
<td>% 18.7%</td>
<td>% 20.0%</td>
</tr>
<tr>
<td>Pacific</td>
<td>n 768</td>
<td>n 1,178</td>
<td>n 1,201</td>
</tr>
<tr>
<td></td>
<td>% 8.2%</td>
<td>% 10.2%</td>
<td>% 14.1%</td>
</tr>
<tr>
<td>Asian</td>
<td>n 679</td>
<td>n 1,310</td>
<td>n 1,051</td>
</tr>
<tr>
<td></td>
<td>% 7.2%</td>
<td>% 12.4%</td>
<td>% 12.4%</td>
</tr>
<tr>
<td>NZ Euro</td>
<td>n 5,219</td>
<td>n 6,871</td>
<td>n 4,024</td>
</tr>
<tr>
<td></td>
<td>% 55.4%</td>
<td>% 52.8%</td>
<td>% 47.7%</td>
</tr>
<tr>
<td>Other</td>
<td>n 417</td>
<td>n 817</td>
<td>n 511</td>
</tr>
<tr>
<td></td>
<td>% 4.4%</td>
<td>% 5.8%</td>
<td>% 6.0%</td>
</tr>
<tr>
<td>&gt;1 ethnic groups</td>
<td>29%</td>
<td>39%</td>
<td>42%</td>
</tr>
</tbody>
</table>
How old are you?

- under 12 years
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- over 19 years
Changes over time
Family Relationships

- Happy how family get along
- Parent wants to know where you are & who with
- Spend enough time with at least one parent/person who acts as a parent

<table>
<thead>
<tr>
<th>Year</th>
<th>Happy how family get along</th>
<th>Parent wants to know where you are &amp; who with</th>
<th>Spend enough time with at least one parent/person who acts as a parent</th>
</tr>
</thead>
<tbody>
<tr>
<td>2001</td>
<td>59</td>
<td>84</td>
<td>62</td>
</tr>
<tr>
<td>2007</td>
<td>71</td>
<td>90</td>
<td>57</td>
</tr>
<tr>
<td>2012</td>
<td>72</td>
<td>91</td>
<td>58</td>
</tr>
</tbody>
</table>
School Relationships

- Adults at school care a lot
- Teachers are fair
- Like school or it's OK

Bar chart showing:
- 2001: 23% Adults at school care a lot, 43% Teachers are fair, 85% Like school or it's OK
- 2007: 25% Adults at school care a lot, 49% Teachers are fair, 87% Like school or it's OK
- 2012: 27% Adults at school care a lot, 52% Teachers are fair, 90% Like school or it's OK
Risky driving behaviours

- Driven a car after drinking 2 or more glasses of alcohol
- Driven by someone who has been drinking alcohol
- Driven dangerously by someone
Sexual and reproductive health

- Ever had sex
- Always uses condoms to prevent STI
- Always uses contraception to prevent pregnancy
New Zealand Teenage Birth Rates
Total NZ and Maori aged 15 – 19 years

Source: Statistics New Zealand Vital Statistics annual data online through Infoshare.
England and Wales
Quarterly conceptions to women aged under 18
US Teen Pregnancy Birth rates
Birth rates (live births) per 1,000 females aged 15 – 19 years
Violence

- Being hit or harmed on purpose
- Serious physical fight
- Sexual abuse/coercion

2001: 45
2007: 41
2012: 29
Source: Data from De Voe et al, 2004

Pinker, 2001
Substance use

- Cigarette use (monthly or more)
- Marijuana use (monthly or more)
- Binge drinking within last 4 weeks

<table>
<thead>
<tr>
<th>Year</th>
<th>Cigarette use (monthly or more)</th>
<th>Marijuana use (monthly or more)</th>
<th>Binge drinking within last 4 weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>2001</td>
<td>18</td>
<td>20</td>
<td>40</td>
</tr>
<tr>
<td>2007</td>
<td>10</td>
<td>11</td>
<td>34</td>
</tr>
<tr>
<td>2012</td>
<td>6</td>
<td>8</td>
<td>23</td>
</tr>
</tbody>
</table>
Tobacco and Cannabis Use Trends
Source: Health Behaviour in School-Aged Children study
Weekly drinking – evidence from 28 countries
Source: Health Behaviour in School-Aged Children study
Activity, food and body size

- Physical Activity 60 mins a day
- Eat 5 or more fruit & veg a day
- Overweight or obese

- 2007: Physical Activity 12, Fruit & Veg 15, Overweight or Obese 35
- 2012: Physical Activity 10, Fruit & Veg 17, Overweight or Obese 37
Frequency of family meals

- Never, 8%
- 1-2 times, 15%
- 3-4 times, 18%
- 5-6 times, 23%
- 7+ times, 35%
Family meals and healthier eating

Utter J et al. J of Nutr Educ Beh, in press
Family meals and wellbeing

Binge drink
- 2 times a week or less: 44%
- 3-6 times a week: 38%
- 7+ times a week: 24%

Current smoking
- 2 times a week or less: 24%
- 3-6 times a week: 17%
- 7+ times a week: 11%

Suicidal thoughts
- 2 times a week or less: 22%
- 3-6 times a week: 13%
- 7+ times a week: 10%

Utter J et al. Health Educ and Beh, under review
Suicide attempts & depressive symptoms

- 2001: 8% (8) suicide attempt in last 12 mths, 12% (12) depressive symptoms
- 2007: 5% (5) suicide attempt in last 12 mths, 11% (11) depressive symptoms
- 2012: 5% (5) suicide attempt in last 12 mths, 13% (13) depressive symptoms

Legend:
- Orange: Suicide attempt in last 12 mths
- Blue: Depressive symptoms
New Zealand Youth suicide
Source: NZ Mortality Collection, ages 15–24 years, by sex, 1948–2012

Rate (per 100,000)

Year

Males

Females
New Zealand Maori Youth Suicide Trends
Provisional Suicide deaths reported to the Coroner by Maori ethnicity between July 2007 and June 2015
Dispelling Myths
“Young people are more violent and young women are becoming just as violent as young men”

“The majority of adolescents are sexually active”

‘P’ use is widespread among young people
Been in serious physical fight in the last 12 months 2001 and 2007
Percentages of students who have had sex

- **Currently sexually active**
- **Ever had sexual intercourse**

The graph shows the percentages of students who have had sex at different ages. As the age increases, the percentages of students who have had sexual intercourse also increase.
How do these issues cluster/overlap with other health issues?
Student health and wellbeing outcomes

- Depression (10 items)
- Attempted suicide
- Motor vehicle risk behaviours
- Violence related behaviours
- Weekly marijuana use
- Smoking cigarettes
- Alcohol use risk
- Unsafe sexual health behaviours
- Delinquency
Participate as citizens, as members of a household, as workers, as responsible members of society;
Gain experience in decision making;
Interact with peers, and acquire a sense of belonging;
Reflect on self, in relation to others, and discover self by looking outward as well as inward;
Discuss conflicting values and formulate one's own value system;
Experiment with one's own identity, with relationships to other people, with ideas; try out various roles without having to commit oneself irrevocably;
Develop a feeling of accountability in the context of a relationship among equals;
Cultivate a capacity to enjoy life.
Strategies

- Family meals
- Find time to spend together
- Boundaries and rules
- Keep cool
- Hang in there
- Role model
- Monitoring
- Listen
- Honesty
Acknowledgements

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