

EXTENDED ADOLESCENCE

18 IS THE OLD 13



ADOLESCENCE

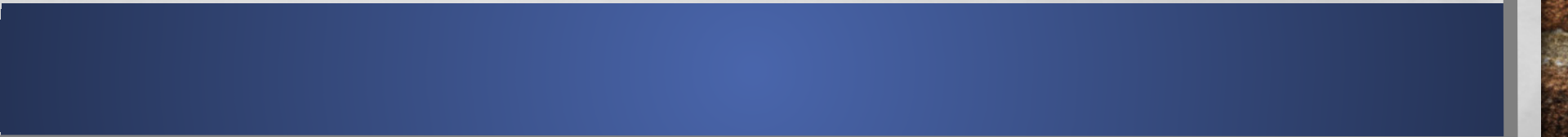
- **TRADITIONALLY BETWEEN THE AGES OF 10 AND 18**
- **BEGINNING OF PUBERTY TO THE PERCEIVED END OF BIOLOGICAL GROWTH**

TASKS OF ADOLESCENCE

- **FINDING IDENTITY**
- **SEPARATING FROM FAMILY OF ORIGIN**
- **BECOMING A MEMBER OF WIDER SOCIETY**
- **LEARNING TO SELF-REGULATE**



CHARACTERISTICS OF ADOLESCENCE

- **DIFFICULTY CONCENTRATING AND REMEMBERING EVEN ROUTINE TASKS**
 - **AMPED-UP SEXUAL DRIVE**
 - **WILLINGNESS TO TAKE RISKS**
 - **POOR IMPULSE CONTROL**
 - **SUSCEPTIBILITY TO PEER PRESSURE**
 - **HEIGHTENED EMOTIONAL RESPONSES AND MOOD SWINGS**
 - **DIFFICULTY SLEEPING (INTERFERES WITH BRAIN DEVELOPMENT)**
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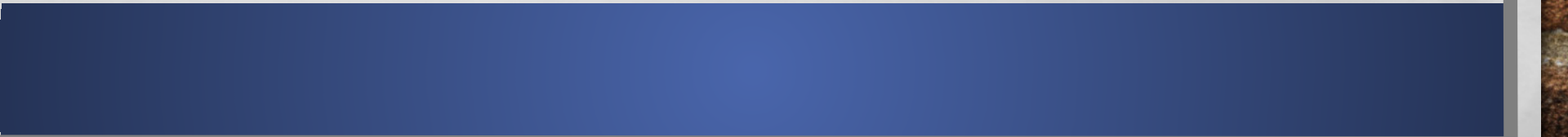


YOUNG ADULTHOOD

- **TRADITIONALLY 18 – 26 YEARS OLD**
- **TASKS**
 - **FINDING MUTUALLY SATISFYING RELATIONSHIPS**
 - **STARTING A FAMILY**
 - **BECOMING SELF-SUPPORTING**



TEENAGERS TODAY ARE ENGAGED IN LESS “ADULT” ACTIVITIES THAN TEENAGERS IN THE 90’S

- **HIT MAJOR INDEPENDENCE MILESTONES MUCH LATER THAN YOUNG PEOPLE DID 20 YEARS AGO**
 - **1 IN 4 HIGH SCHOOL STUDENTS DON’T HAVE A LICENSE BY THE TIME THEY GRADUATE**
 - **TEENS ARE HAVING LESS SEX**
 - **TEENS ARE GOING OUT LESS/DATING LESS**
 - **FEWER TEENS HAVE AFTER-SCHOOL JOBS**
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WHY IS THIS HAPPENING?

- **RECESSION AND STRUGGLING ECONOMY—DELAYING DECISIONS ABOUT BUYING A HOUSE, GETTING MARRIED, HAVING KIDS**
- **SMARTPHONES**
 - **75% OF TEENAGERS FROM EVERY RACIAL AND SOCIOECONOMIC BACKGROUND HAVE ACCESS**



SMARTPHONES

- **LIVING OUT A HUGE PORTION OF THEIR LIVES ONLINE**
 - **SIGNIFICANT DIP IN SOCIAL LIVES OUTSIDE OF THEIR HOMES**
 - **WHY MEET AT THE MALL WHEN YOU CAN TEXT YOUR CRUSH FROM THE COMFORT OF YOUR COUCH?**
 - **WHY DRIVE WHEN YOU CAN CALL UBER?**
 - **WHY HAVE SEX WHEN YOU CAN WATCH IT ONLINE?**

(IGEN BY TWENGE)



NEW STAGE? EMERGING ADULTHOOD

18 – 26 YEARS OLD

CHARACTERISTICS:

IDENTITY EXPLORATION

INSTABILITY

SELF-FOCUS

FEELING IN-BETWEEN

AGE OF POSSIBILITIES



BENEFITS OF EXTENDED ADOLESCENCE?

- **ENGAGING IN RISKY “ADULT” BEHAVIORS LATER IN LIFE**

- **LESS UNDERAGE DRINKING**
- **SIGNIFICANTLY LOWER TEEN PREGNANCY RATE**

- **METAPLASTICITY OF THE BRAIN**

BRAIN REMAINS “PLASTIC” SO THEY CAN LEARN EASIER WELL INTO THEIR 20’S



IN CONCLUSION

- **TODAY'S 18 LOOKS LIKE THE OLD 13 (SOME SAY 14 OR 15)**
 - **TODAY'S 26 LOOKS LIKE THE OLD 18**
 - **ARE THEY REALLY ADULTS WHEN THEY HEAD TO COLLEGE?**
 - **WILL WE BE SUCCESSFUL/EFFECTIVE/IMPACTFUL TREATING THESE STUDENTS AS FULLY FORMED ADULTS?**
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