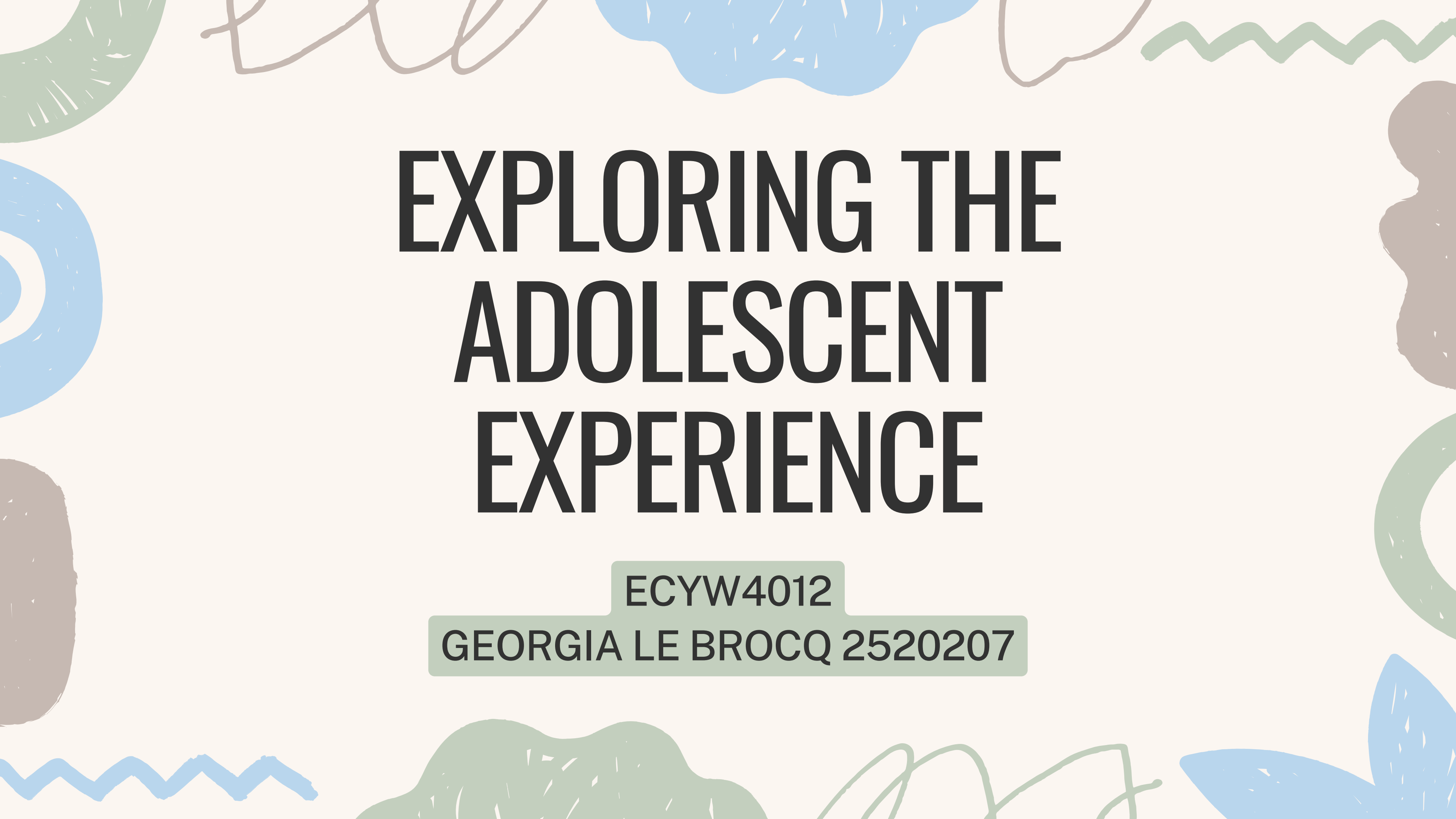




EXPLORING THE ADOLESCENT EXPERIENCE

ECYW4012

GEORGIA LE BROCCQ 2520207

WHAT IS YOUTH WORK?

Youth Work is building trusted voluntary relationships with young people to enable informal education and providing them with opportunities to develop on their social and personal skills.

Youth work is delivered in a flexible way and meets young people where they are at with sessions being led by them to support them in reaching their potential.





WHAT IS PSYCHOLOGICAL WELLBEING?

Psychological well being is what is referred to as a persons mental and emotional health.

It includes a persons ability to maintain positive relationships, cope with life challenges and having a sense of purpose and fulfilment.

ADOLESCENT TRANSITIONS

Adolescence is when a young person transitions from childhood to adulthood, this transition includes physical, cognitive and social changes.

This includes changes such as puberty, exploration of romantic relationships, brain development and the change from dependence on their family to independence.

Allen and Waterman, (2019)



Identity

School

Family



**COMMON
PRESSURES IN
ADOLESCENCE**

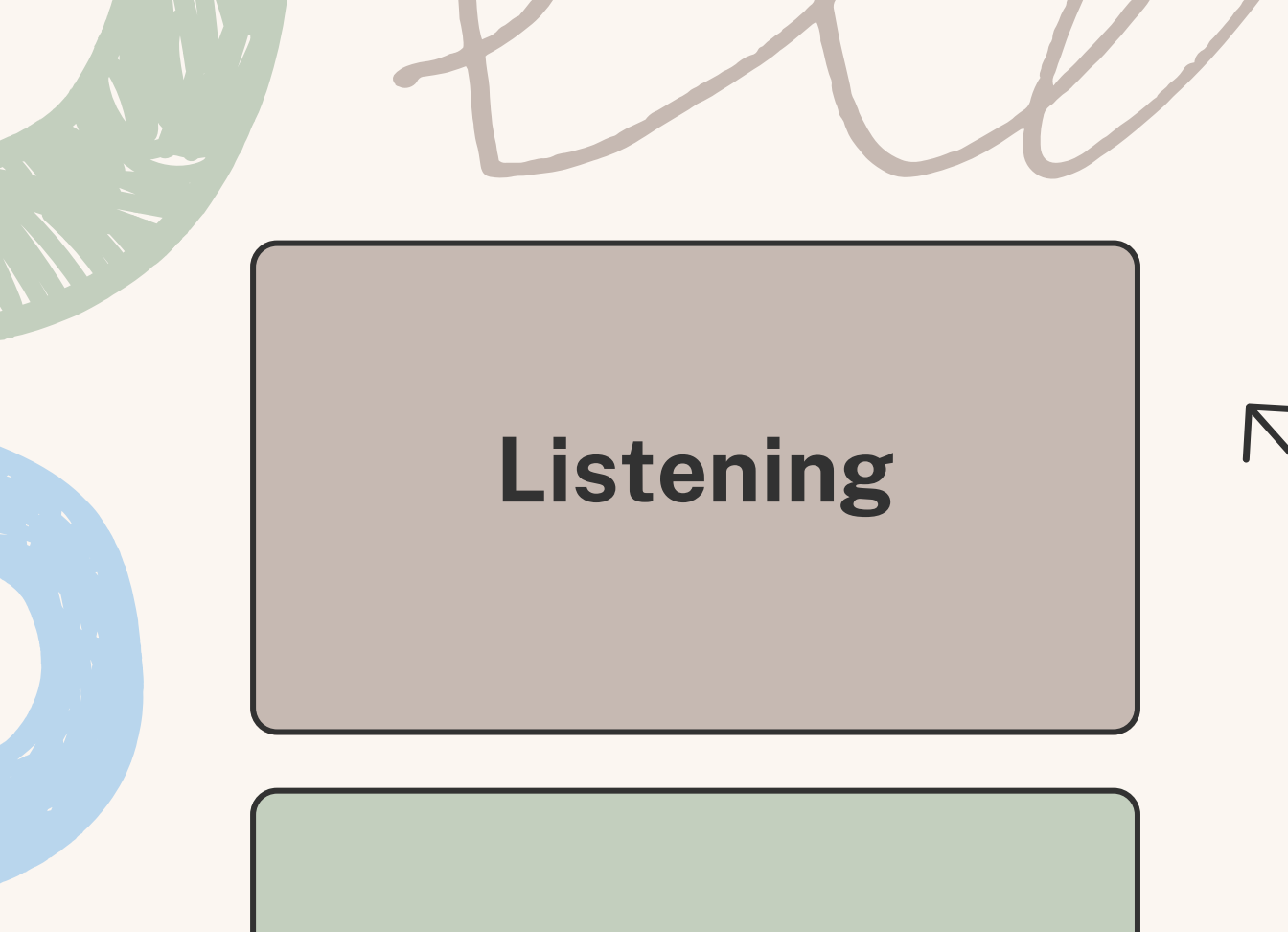


**Peer
Relationships**

Independence

Social Media





Listening

**Empowerment
and
Advocacy**

Building Trust

**THE ROLE OF A
YOUTH WORKER**

**Early
Intervention**

Signposting

**Guidance
and
Support**



BRONFENBRENNER'S ECOLOGICAL THEORY

The Microsystem

The microsystem is a person's immediate environment which has the most direct impact on their development. It includes family members, friends, teachers, peers, youth workers.

The Mesosystem

The mesosystem is the interactions and relationships between different microsystems, for example the relationship between a young person's parents and their school if a parent attends meetings at school they may perform better.

The Exosystem

The exosystem is settings where a young person is not directly involved in but would still have an impact on their development for example, a parents working environment creating stress for the parent which has an impact on the family dynamics.

The Macrosystem

The macrosystem is the influences a young person faces through cultural and societal impacts this includes expected gender roles, social media, religious views, poverty and laws.

The Chronosystem

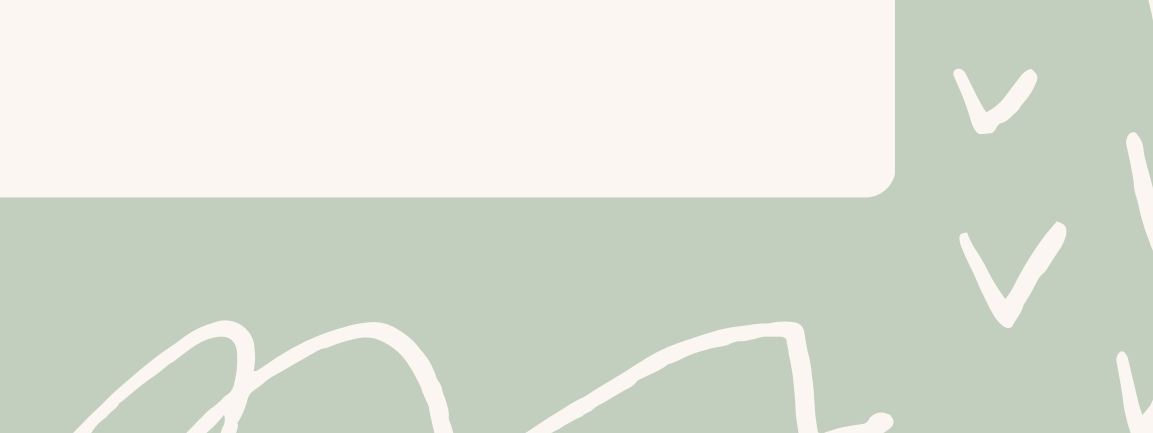
The chronosystem is experiences that a young person faces during their development which have an impact on their development for example, the Covid 19 Pandemic had a major impact on a young person's school experience and their ability to socialise with peers and families.



BRONFENBRENNER'S ECOLOGICAL THEORY

This theory demonstrates how a young person's development is not solely determined by their genetics but how other influences whether they are direct or in-direct can play a vital role.

Some of the structures are outside of our control but at the centre of all the systems is a young person with their own characteristics and if they have positive influences in their microsystem such as a youth worker to support them and offer them guidance through this transitional period of their life it can aid their development and help them understand and navigate the outer systems such as the societal influences and historical life events.



WHAT POLICIES/GUIDANCE HAS JERSEY GOT IN PLACE TO SUPPORT YOUNG PEOPLE THROUGH ADOLESCENCE?

All-Ages Mental Health Strategy 2026 to 2030

This strategy has been created to ensure there is a clear pathway for supporting residents of Jersey with their mental health and wellbeing. It identifies specific issues relating to children and young people ensuring that they get the support they need with professionals working together effectively. As this strategy also covers adults of all ages, this in turn will impact a young person during adolescence as it will ensure that their parents needs are met as well.

Government of Jersey, (2026)

Children and Young People's Plan 2024 to 2027

The aim of this plan is to ensure that all professionals working with children and young people are efficiently working together to provide them with the best life possible with this framework providing clear outcomes called 'Big Picture Outcomes' these are that all children and young people in Jersey:

- Are healthy and happy
- Can learn and achieve
- Enjoy a decent standard of living
- Are safe and loved
- Are included, respected and valued

Government of Jersey, (2024)

CASE STUDY: JAMIE FROM ADOLESCENCE

Background

The film shows Jamie struggling with school pressures trying to fit in, his peers influence and bullying. He displays anger and seems isolated and appears to struggle to connect with his father. Jamie has been engaging in online forums which push a negative view towards women.

Key observations from the film

- Jamie initially displays as a timid boy who achieves well in school but there has been a change in behaviour in the last year.
- Jamie often seeks for validation from his father and is concerned of his view on him after his arrest.
- He evidences aggressive outbursts when questioned or challenged.
- Jamie struggles with insecurities as he calls himself “ugly” frequently.
- It is clear there is a need for emotional support and guidance.

CASE STUDY: JAMIE FROM ADOLESCENCE

How would a youth worker respond if working with Jamie

- The need to build a positive relationship with Jamie before trying to undertake any targeted work with him, taking the time to build a connection, provide him with a safe space to express his views for the youth worker to understand them.
- Identify the risks and success factors relating to Jamie - what areas are the biggest concerns with Jamies behaviours and what is working well for him at the moment, identifying any interests or skills to support relationship building stage.
- Provide one to one sessions with Jamie allowing him to have that safe space and providing informal education on coping strategies for managing his anger, strengths based work try build Jamie's confidence and challenge any oppressive views.
- Facilitate Jamie's participation in group activities or programmes to aid opportunities to build positive friendships (the youth worker can join in on these to ensure Jamie feels comfortable to take part).
- Make referrals to other agencies if wanted - a family support worker to rebuild the relationship between the family, counselling for Jamie.



CONCLUSION

Adolescence is a critical period of transition for young people which is filled with many pressures such as school expectations, social changes and developing their identity. To aid young people in navigating the changes they experience in adolescence psychological wellbeing is essential.

By providing young people with safe spaces, guidance and opportunities during this time youth workers play a vital role in supporting young people through adolescence by building their resilience and aiding them through this transition.

As highlighted earlier when discussing Bronfenbrenner's Ecological theory a young person's development is influenced by their environment and the people around them which demonstrates the importance of having a positive role model such as a youth worker.



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