

ADOLESCENT EXPERIENCE



SESSION AIMS

lee

- Demonstrate an understanding of the transitions that occur during adolescence
- Understand the role of youth workers
- Theory and Policy practice to support youth workers



TRANSITIONS THAT OCCUR DURING ADOLESCENCE?

Cognitive -

Adolescent ego-centrism - *Eklind* 1967 states young people are unwilling to accept criticism, are highly judgemental of others and a belief that they are the focus of others. Concludes “Immortality” beliefs such as drugs, sex, drinking, violence and no one can understand your experience.

Shore 1997 emphasises on the argument of chronic stress has the effect of focusing the brains resources on survival.



TRANSITIONS THAT OCCUR DURING ADOLESCENCE?

Biological

Archibald et al 2003 identifies a rapid growth for weight, height, with an increase of strength and stamina

- Physical Development (Puberty) (Weight) (Hair)

5 stages of development *Tanner 1990* can cause natural stress or worries amongst peers if developing at different stages

Is puberty starting sooner?

- Standards of living
- Exposure
- Environmental



TRANSITIONS THAT OCCUR DURING ADOLESCENCE?

Social

Family - Parents important regarding career and educational choices, friends important fashion, leisure and social dilemmas (Hendry et al, 1993)

Peers and influence - (Tajfel's Social identity theory 1978)

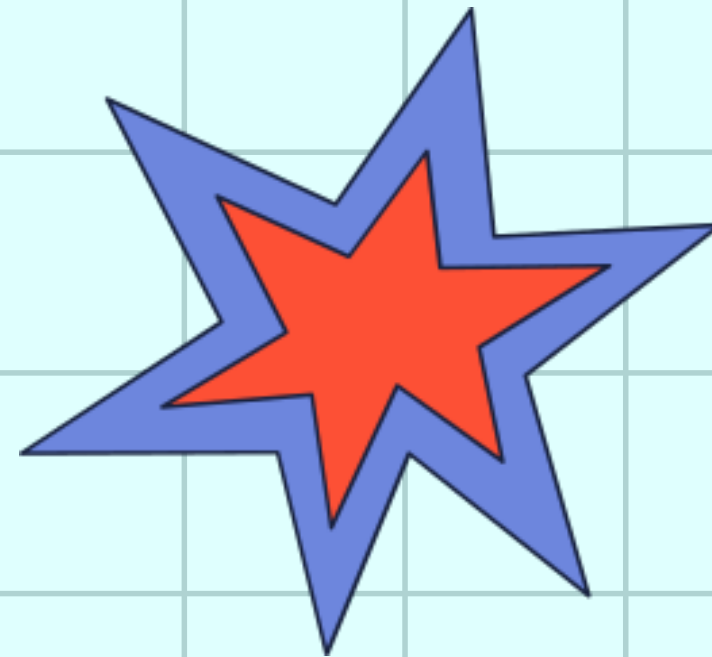
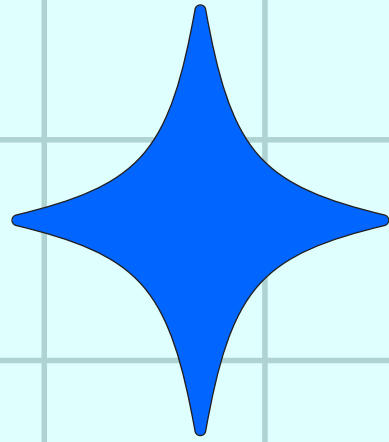
Community - Influence - Safety or intimidation?

Technology - Ongoing rise of concern. Increased vulnerability.



ROLE OF YOUTH WORKERS

- Build trusting Relationships
- Safety, support and guidance
- Education network
- Safeguarding
- Promote confidence, wellbeing and safety
- Listening ears!



“Youth work is delivered by both the voluntary and local authority sectors, working together to achieve the best possible outcomes for young people in Wales.” (Principles of Youth Work 2022)

INTERVENTIONS

Sexual Health

Guidance

Honesty

Support

Self Esteem

Active listening

Signposting

**Ask Me
Anything**

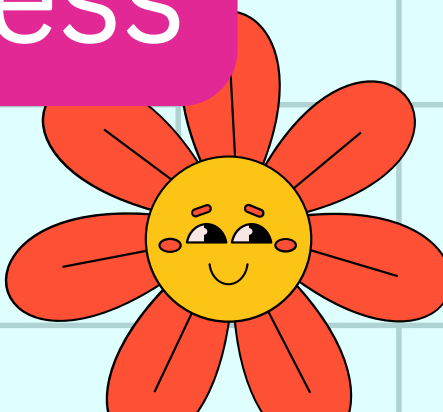
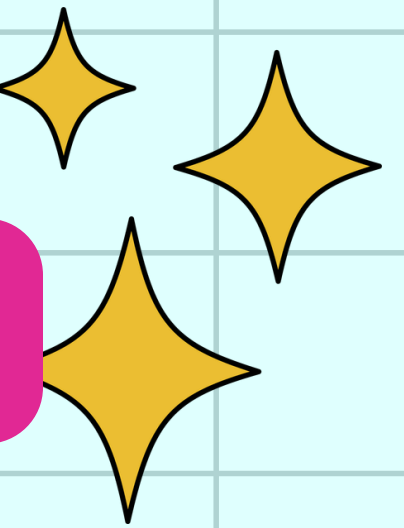
Relationships

Workshops

Information Posters

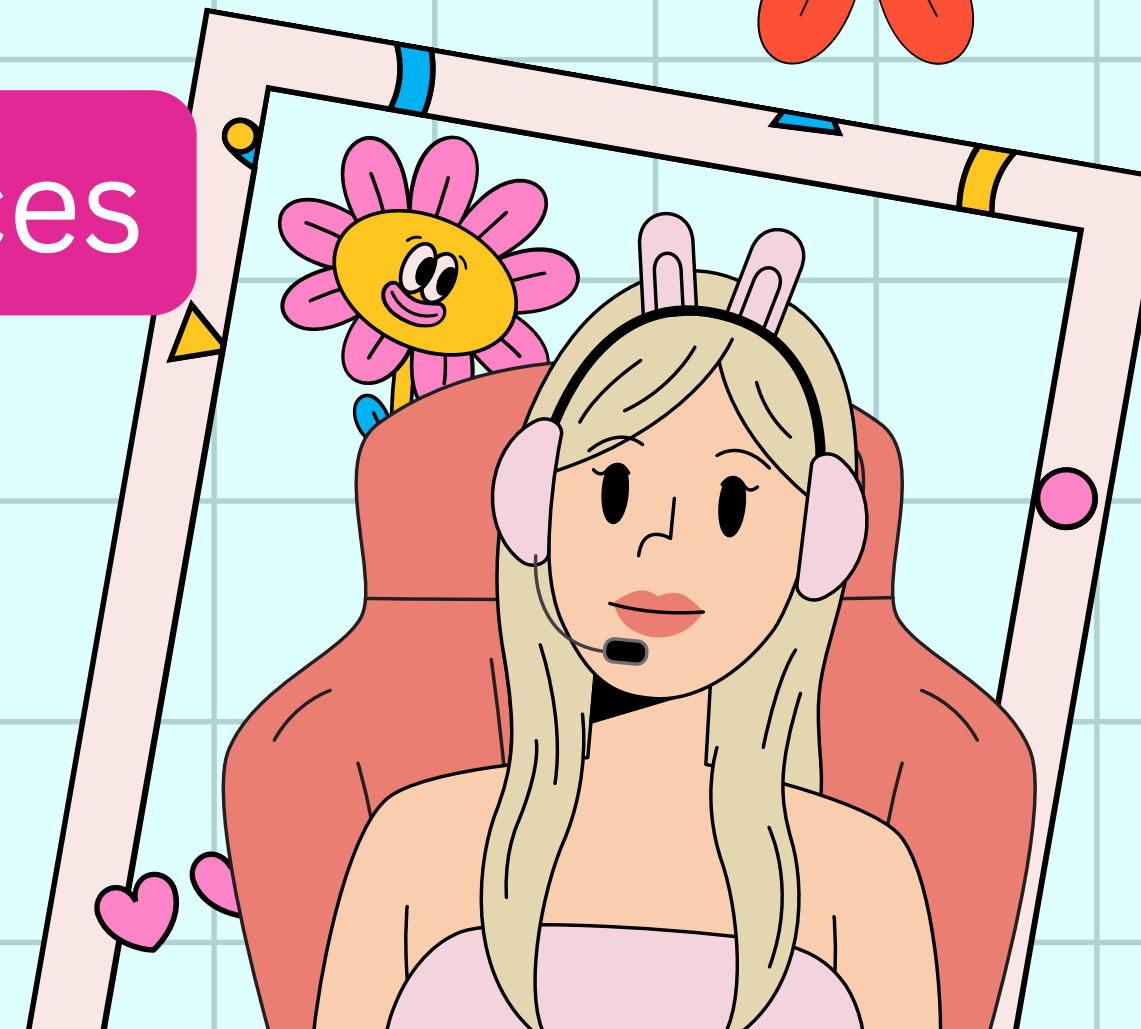
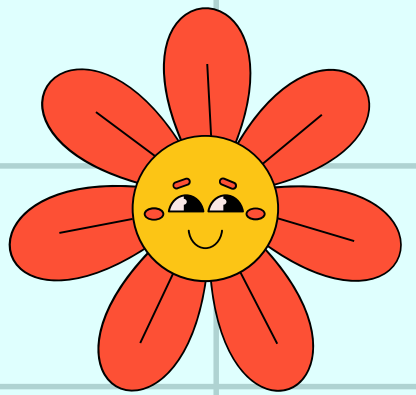
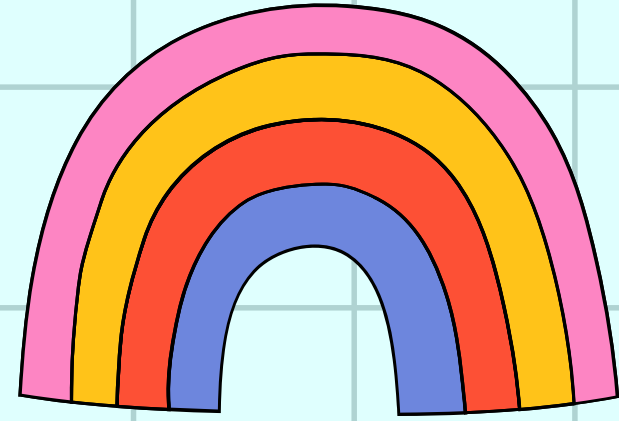
Educational awareness

Outreach



THEORY AND POLICY

- *Youth Work Principles 2022 states - “support young people through significant changes in their lives and assist them to understand their responsibilities”*
- *Bronfenbrenner (1977) theory influences frameworks for multi-interventions*
- *Maslows Hierachy of Needs (1943)*



CONCLUSION

Supporting young people through adolescence is a key developmental transition. Youth workers play an important role in supporting, advising and educating young people through this process.

It is important youth workers are aware of the developmental transitions adolescence face and are equipped to support appropriately.

References

Canva template Accessed 01.5.2026

Elkind, D. (1967). Egocentrism in adolescence. Child development, 38(4) 1025-1034.

Shore, R. (1997). Rethinking the brain. New York: Families and Work Institute.

Image - <https://ichef.bbci.co.uk/images/ic/1200x675/p01gqvtj.jpg> Accessed 12.5.2026

Archibald, A. B., Graber, J. A., & Brooks-Gunn, J. (2003). Pubertal processes and physiological growth in adolescence. In G. R. Adams & M. D. Berzonsky (Eds.), Blackwell handbook of adolescence (pp. 24–47). Blackwell Publishing Accessed 13.5.2026

J. M. Tanner, Johan Karlberg Principles of Growth Standards First published: October 1990 Accessed 13.05.2026

Image - <https://screenrant.com/nicholas-hoults-10-best-movies-ranked-according-to-imdb/> Accessed 12.5.2026

Tajfel & Turner (1979) Social Identity Theory In Psychology

AI Image generator

Youth Work in Wales Principles Published by the Youth Work in Wales Review Group, September 2022

Bronfenbrenner, U. (1979) The Ecology of Human Development. Cambridge, MA: Harvard University Press.

Abraham Maslow (1943) Maslows Hierachy of Needs