



# *Presto Chango: Understanding Puberty*

Rhonda S. Black, Professor  
Special Education  
University of Hawaii at Manoa

# Objectives

To become familiar  
with adolescent growth  
and development

To understand the  
phases and tasks of  
adolescence

To understand  
reproductive health of  
adolescents and young  
adults (AYA) with  
disabilities



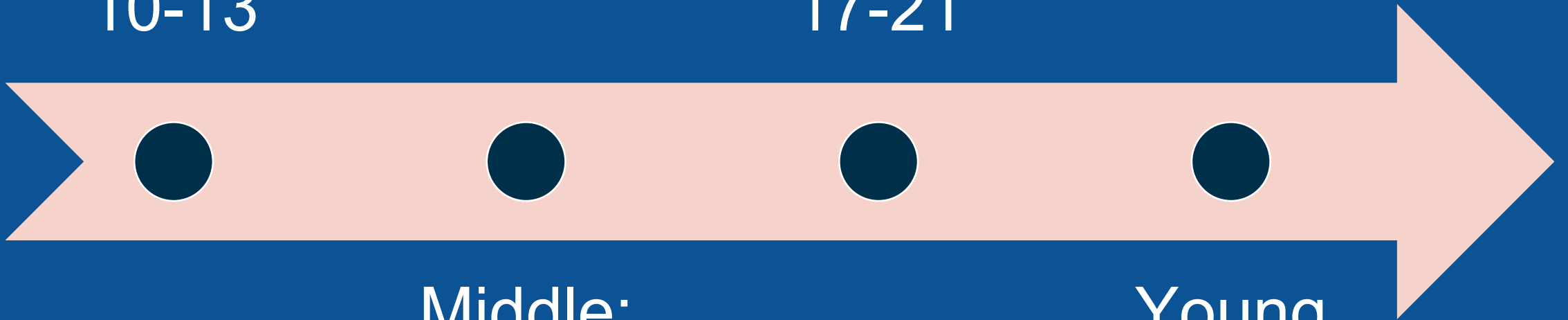
# Phases of Adolescence

Early:  
10-13

Late:  
17-21

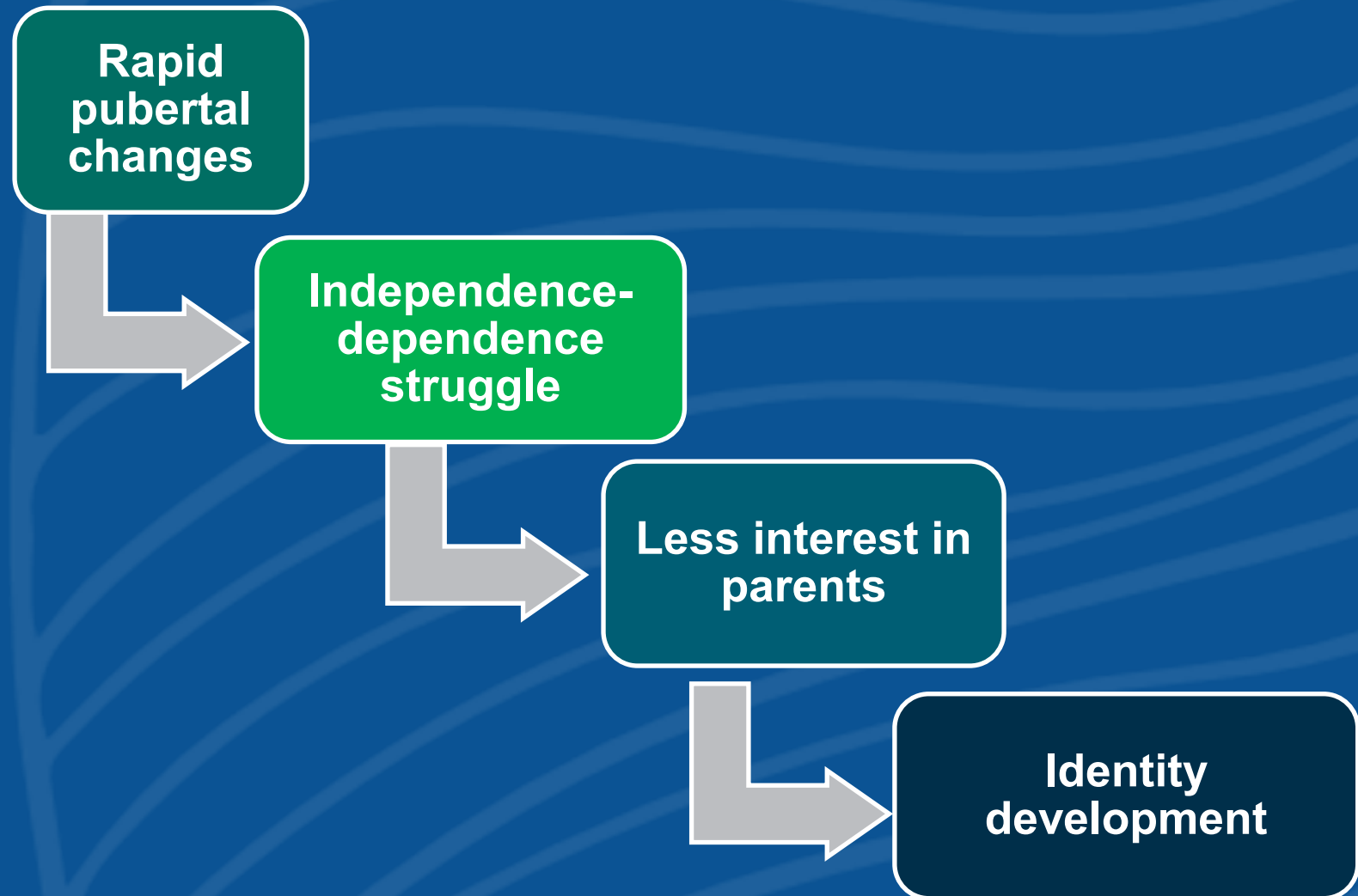
Middle:  
14-17

Young  
Adult:  
18-25



Phases	Early	Middle	Late
Task			
Cognitive Development	Concrete thinking, egocentrism, impulsive behavior	Increased intellectual ability Abstract thinking	Advanced decision-making skills
Independence	Increased ability to express self through speech Less interest in parental activities	Peak of parental conflicts	Stronger personal identity Ability to delay gratification and solve problems Reacceptance of parental advice
Body Image	Preoccupation with self and pubertal changes	Focused on physical appearance to “fit in”	Completion of pubertal growth and development
Peers	Intense relationships with peers for support and connection - same gender	Peak of peer involvement Conformity with peer values	Peer group less important More time spent in sharing intimate relationships
Identity	Need for privacy “constantly onstage” Self-exploration, self-interest and fantasy Idealistic vocational goals	Increased scope of feelings, romantic relationship Feeling of omnipotence Risk-taking behavior Self-discovery Individuation	Practical, realistic, vocational goals Refinement of moral, sexual values Ability to compromise and to set limits Clearer sexual and gender identity

# Early Adolescence 10-13 yr

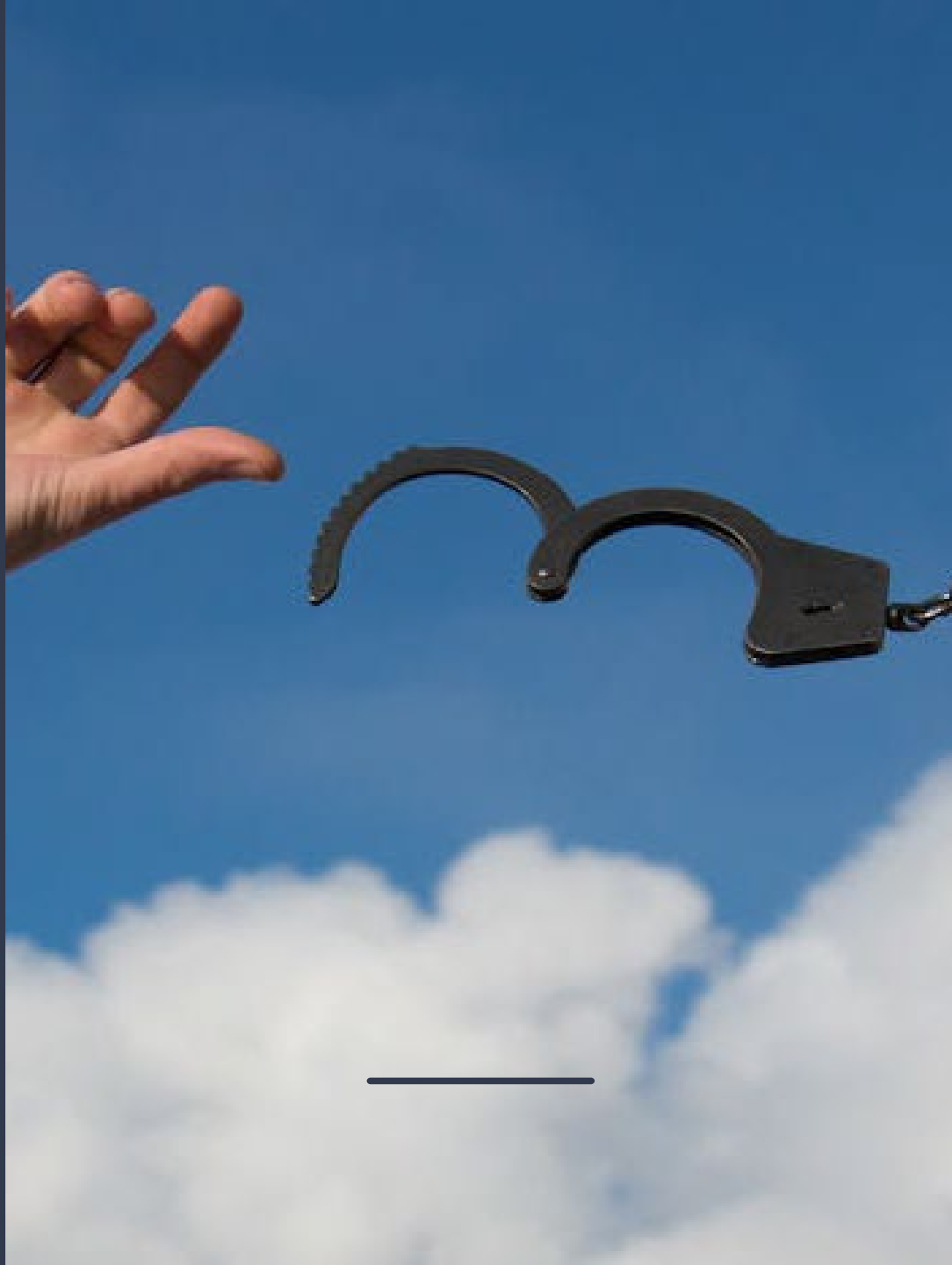






# Peer Group Focus

IMPORTANCE OF SAME-SEX PEER  
GROUPS



# STRUGGLE BETWEEN INDEPENDENCE AND DEPENDENCE

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# Middle Adolescence 14–16 yr

**Intense feelings,  
peer group values**

## **Independence:**

- Less interest in parents/more peer time
- More conflict in the home

## **Peer group**

- Dating activities,  
Extracurricular  
activities

## **Identity**

- More realistic
- Risk-taking behaviors



# Bonding Dynamics

DECREASED INTEREST IN  
PARENTS



SEARCH FOR NEW SOCIAL  
BONDS

# Late Adolescence 17–21 yr

Identity established

Creativity and intellect better expressed

Less concern with body image

Less involved with peer/more serious relationship with one person

# Body Image



Adolescents often grapple with body image issues, focusing on self-perception and physical appearance. This preoccupation is intensified by social pressures, leading them to seek acceptance and comparison with peers more than ever.







# Physical Changes

Time of rapid growth and development physically and psychosocially

AYA with disabilities and peers have the same important health priorities

Sexual health is a priority in all adolescents along with mental health and primary care



# Adolescent Health

## HEALTH PRIORITIES

Adolescents must prioritize their well-being, balancing sexual health, mental health, and primary care to ensure a healthy transition into adulthood.

## HEALTH CHALLENGES

Adolescents with disabilities encounter unique reproductive health challenges, necessitating tailored support and resources for equitable care access.



# Piaget's Cognitive Development



Logical reasoning only applied to objects that are real or can be seen



Individual can think logically about potential events or abstract ideas; advanced reasoning

## THE IDEALIST VS. THE PRAGMATIST

DUUDE, I HAVE SOOO MANY IDEAS THAT WOULD REVOLUTIONIZE LIFE ON EARTH AND BRING AWESOMENESS TO MANKIND.



HOW 'BOUT YOU JUST TAKE OUT THE GARBAGE AND DO THE DISHES FOR ONCE??



*Cjsun*

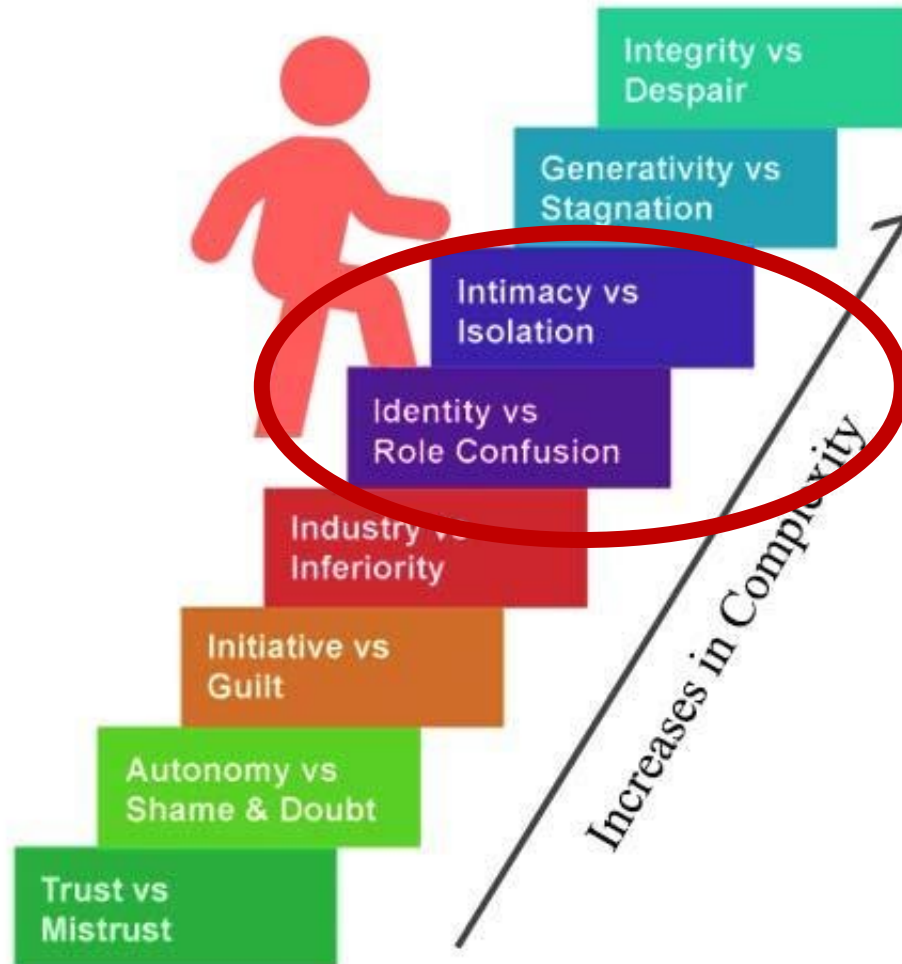
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# Erikson's 8 Stages of Psychosocial Development

- Infant
- Toddler
- Pre-Schooler
- Grade-schooler
- Teenager
- Young Adult
- Middle-age Adult
- Older Adult



*Proposed by Erik Erikson*

# Identity vs. Role Confusion – Adolescence

**Differentiation and becoming independent.**

**Begin to look at the future (comes with ability to think in the abstract).**

**Begin to form their own identity based upon the outcome of their explorations.**



# Intimacy vs Isolation – Young Adulthood

Share ourselves  
more intimately  
with others.

Relationships  
leading toward  
longer term  
commitments

Establishing care  
within a  
relationship

# David Elkind – Pyschosocial

## **Adolescent Egocentrism**

*Adolescents are overly concerned with their own thoughts and feelings*

## **Imaginary Audience**

*Adolescents believe that others are watching them constantly*

## **Personal Fable**

*Adolescents believe that their experiences and feelings are unique*

## **Illusion of Invulnerability**

*Adolescents think that misfortune happens only to others*

## WHAT IS EGOCENTRISM?

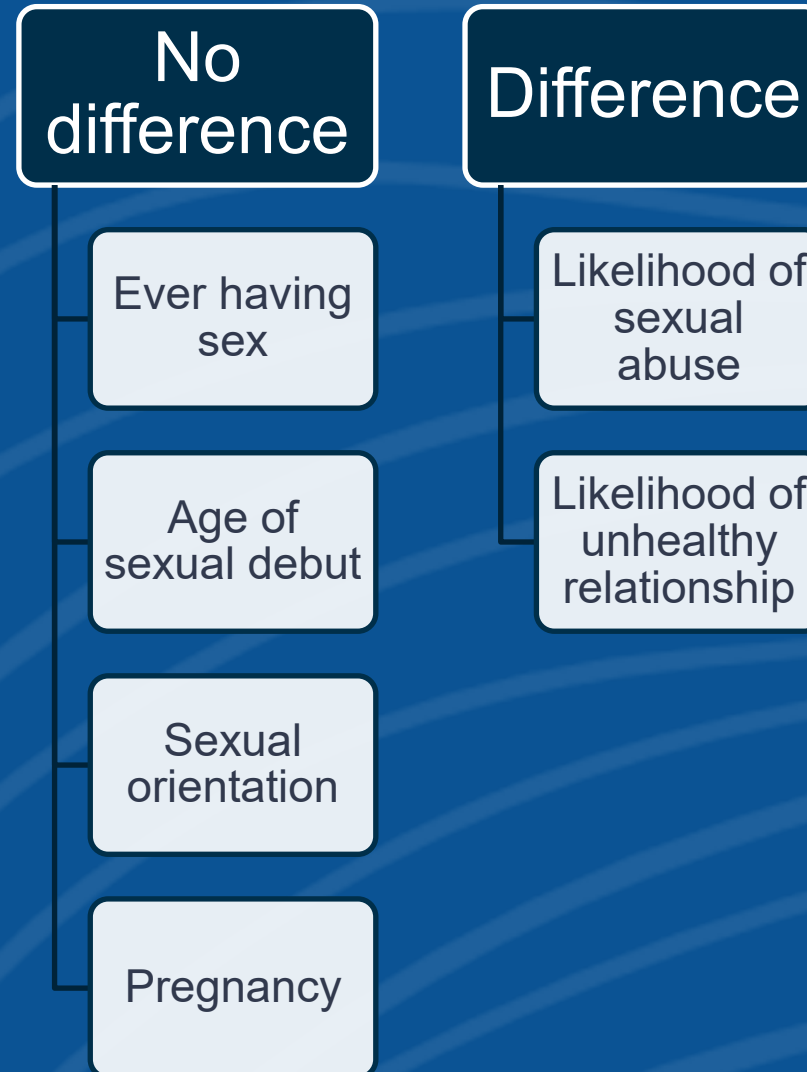


# Ideas about Sexual Behavior of Adolescent and Young Adult (AYA) with Disabilities



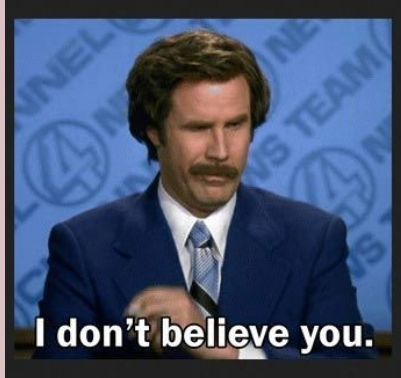


# Sexual Behavior of AYA with disabilities





# Factors that Increase Vulnerability to Abuse



**Belief that  
victim won't  
tell or won't  
be believed**

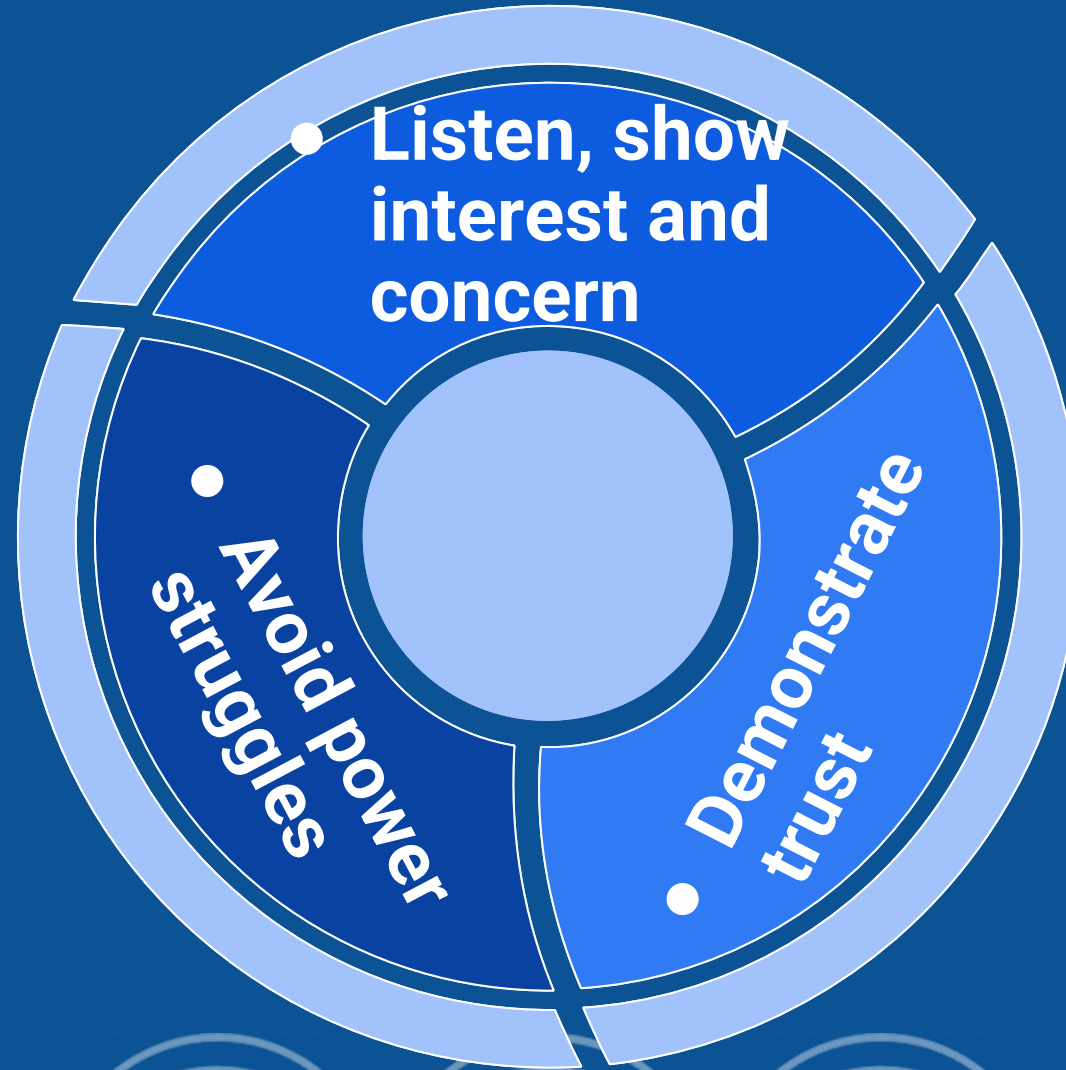


**Intense desire  
to be  
accepted +  
gullibility +  
lack of  
experience**

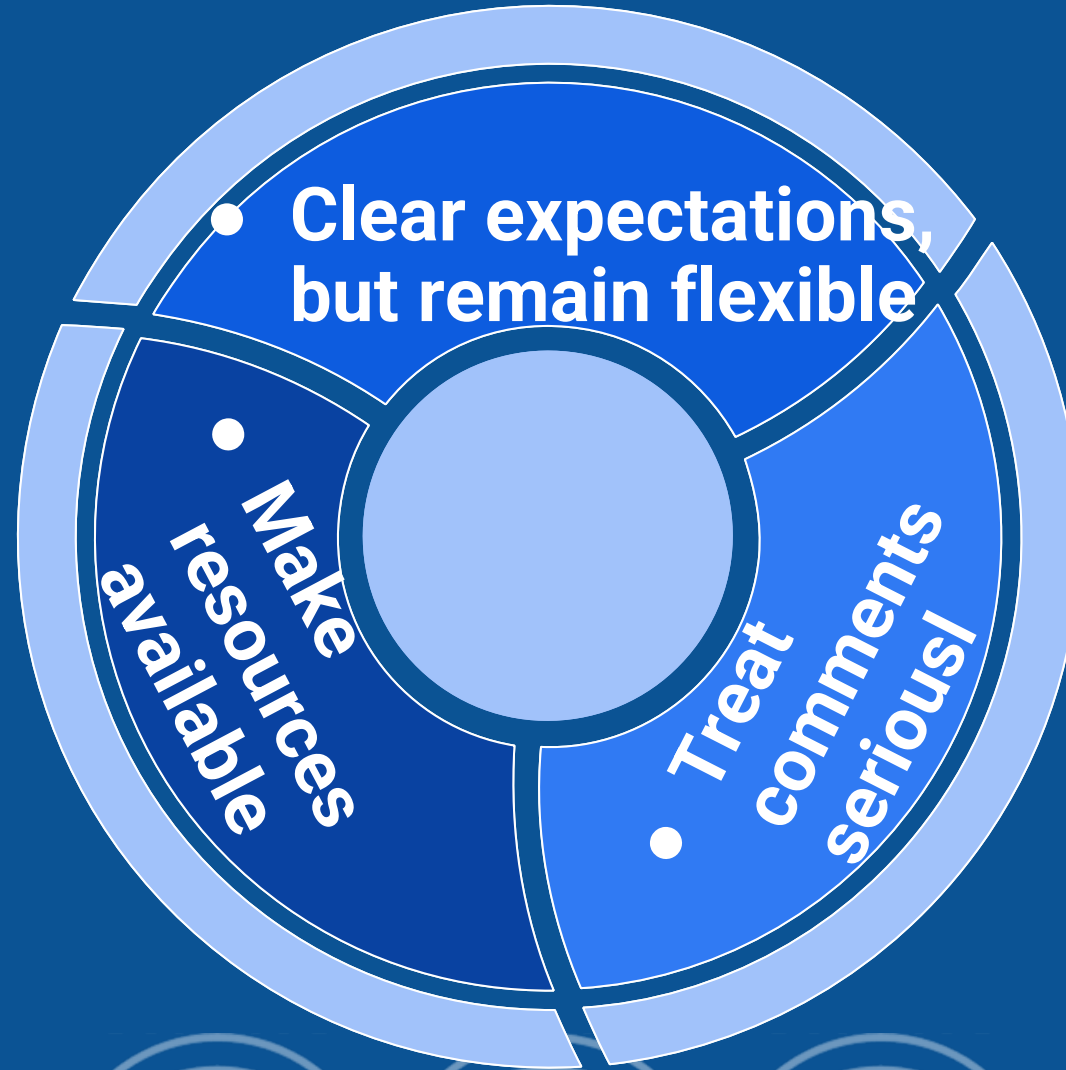


**Over-  
protection**

# general recommendations



# general recommendations – continued



# Conclusion

AYA with disabilities and peers have the same important health priorities while going through puberty and adolescence

Sexual health is a top health priority in all adolescents along with mental health and primary care

