

The Social Transition to Middle School 2010

Five Frequently Asked Questions

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Shaker
PREVENTION
COALITION

Surviving Adolescence

✧ Objectives

- The Developing Brain
- Review Progress in Prevention of Substance Use
- Review Teen Risk and Protective Factors:
 - Primarily parental control
 - Primarily adolescent control
 - Shared control



Helping kids grow **healthy** and **whole**.

Why do so many kids seem certifiably crazy during adolescence?

✳ Brain growth continues into adolescence

- Prefrontal area

- The largest section of the brain, slowest to develop, and undergoes the most drastic changes during adolescence
- Responsible for complex thinking and controls executive function such as goal setting, planning, and organization
- It allows the mind to perform abstract thinking, prioritize, anticipate consequences, control impulses and conform behavior accordingly



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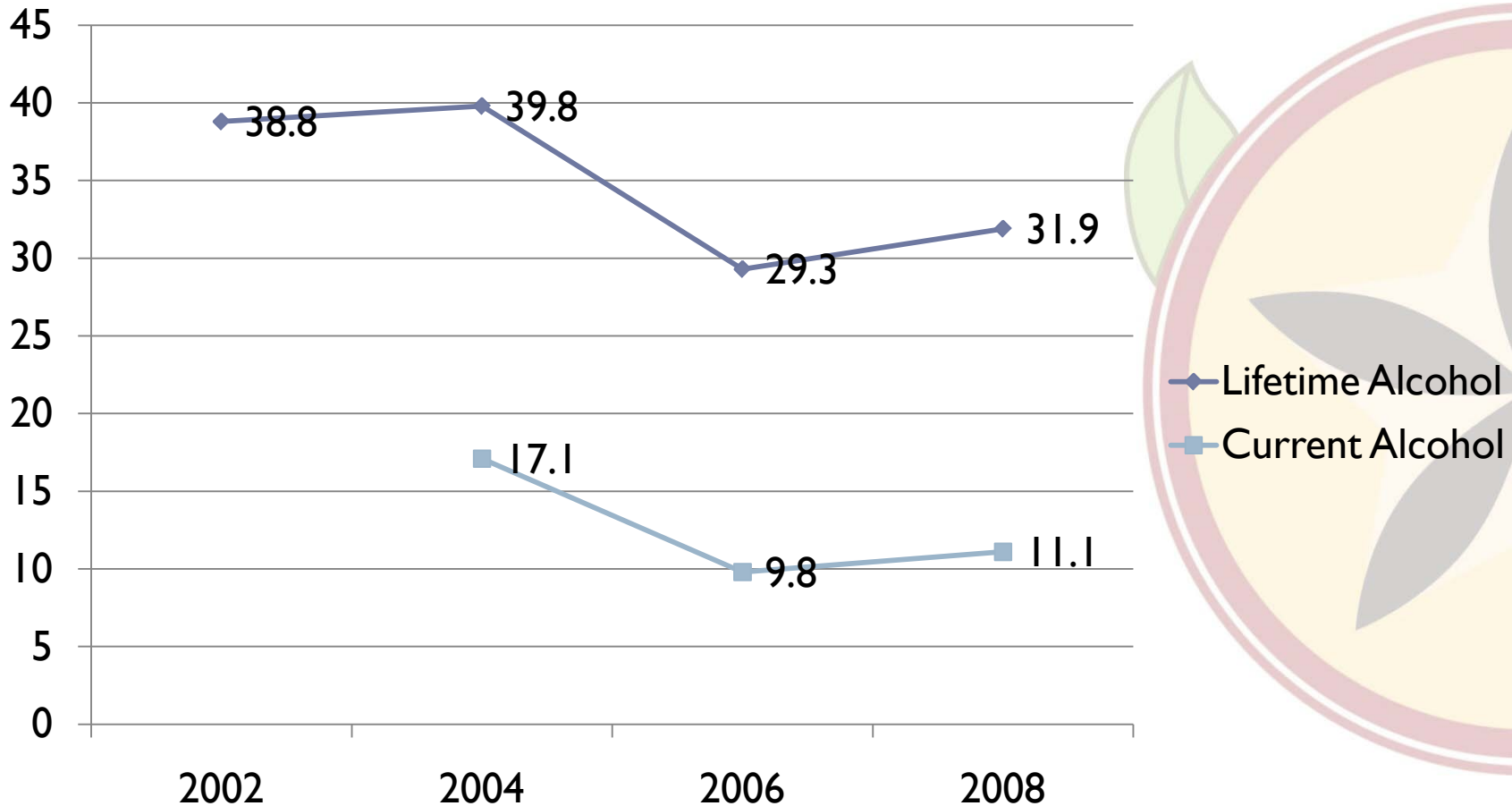
Why do so many kids seem certifiably crazy during adolescence?

- ⊛ Because of immature prefrontal function, teens more typically activate the amygdala, a brain center that mediates fear and other "gut" reactions
- ⊛ Hypothalamus
 - Influences aggression
- ⊛ Hippocampus
 - Affects memory and learning
 - Substance use disrupts brain receptors that control memory

The Terrible Two's and the Turbulent Teens

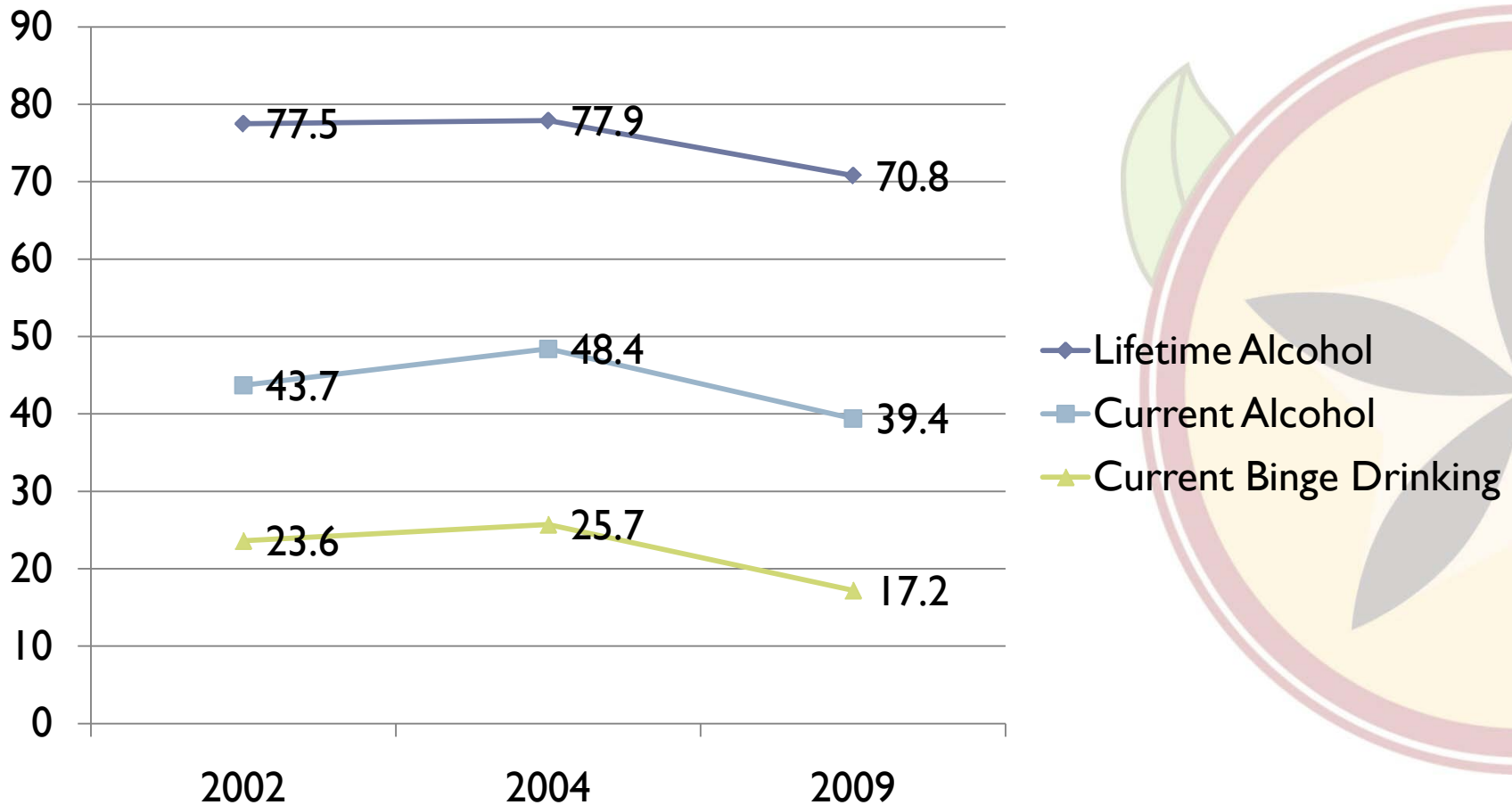
- ✳ Two-year-olds are opinionated
- ✳ Two-year-olds are stubborn, resistant, and obstinate
- ✳ Two-year-old feelings are raw and powerful
- ✳ Two-year-olds have flawed reasoning
- ✳ Two-year-old negativism is neither rational nor a personal attack
- ✳ Two-year-olds are slaves to their moods

What is happening with Middle School teens in Shaker Heights?



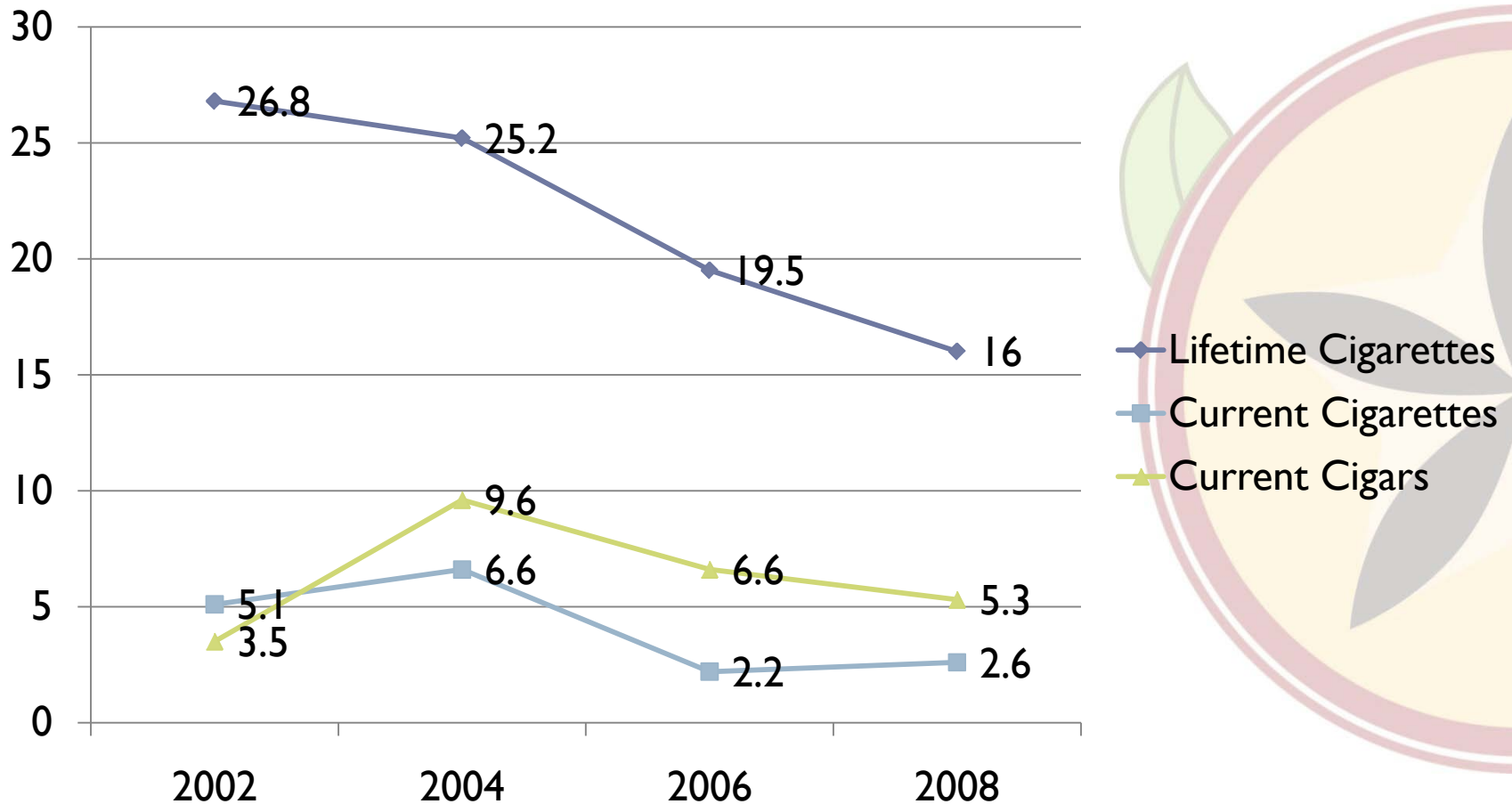
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What is happening with teens in Shaker Heights?



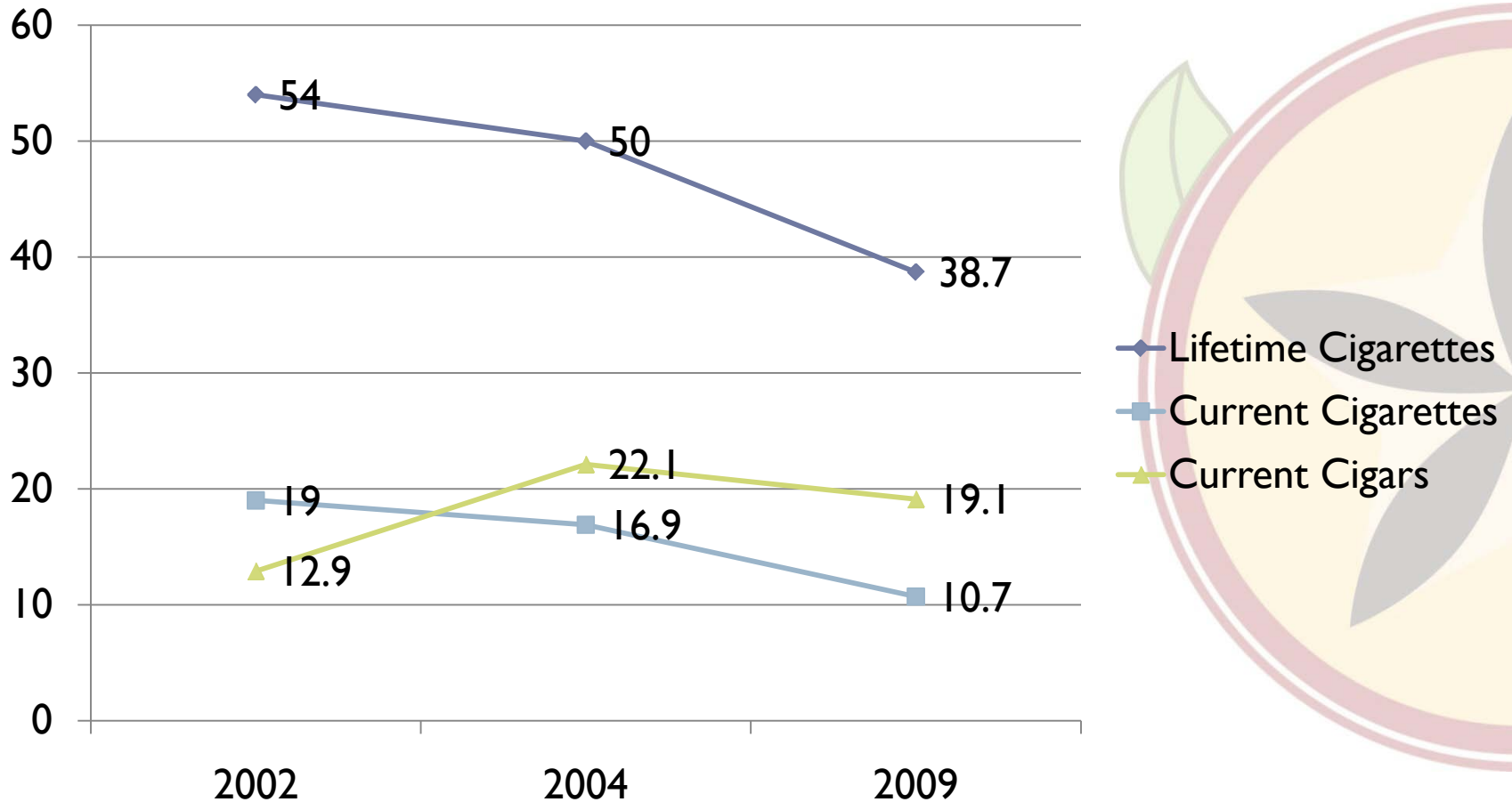
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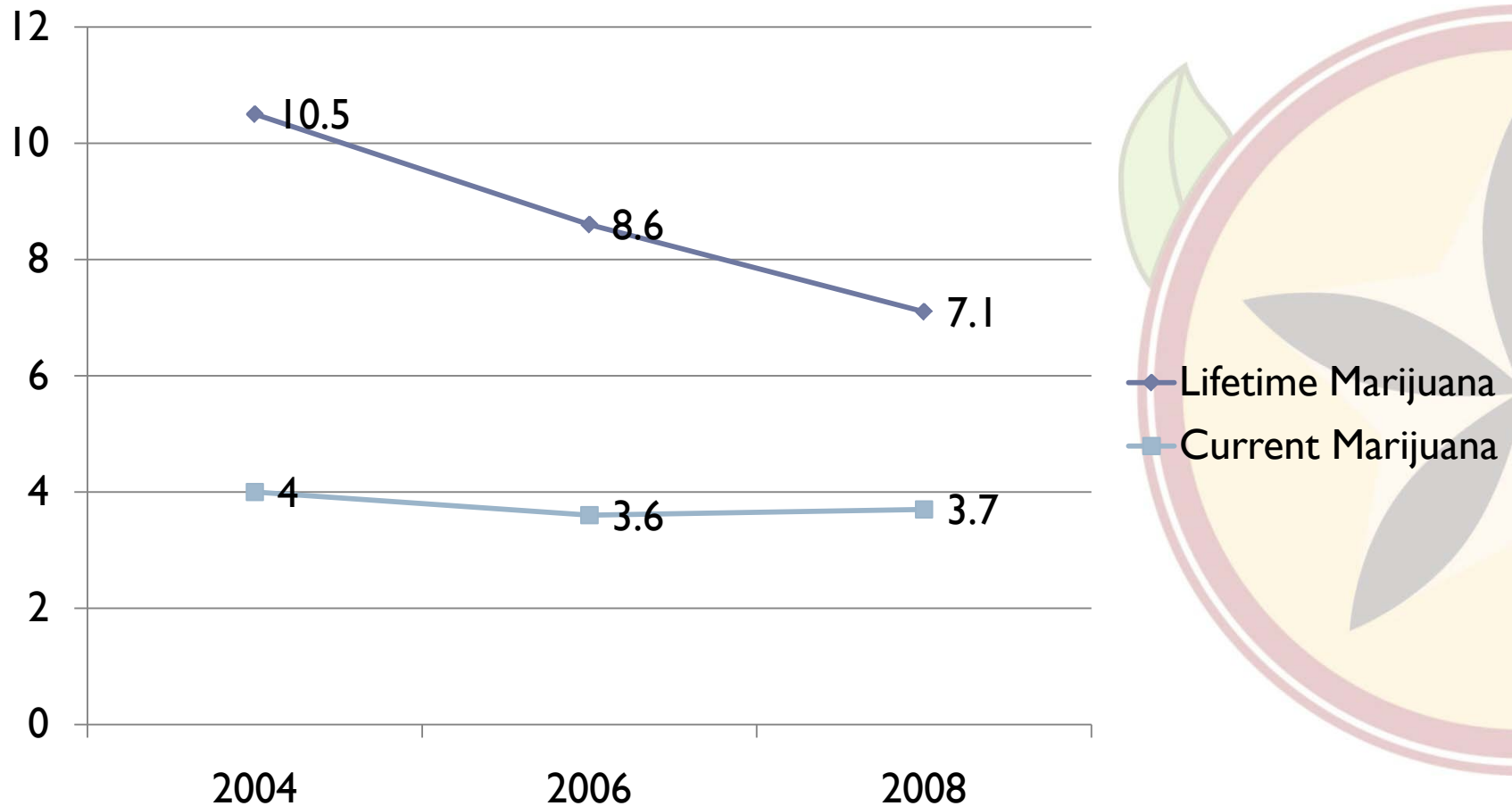


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What is happening with teens in Shaker Heights?

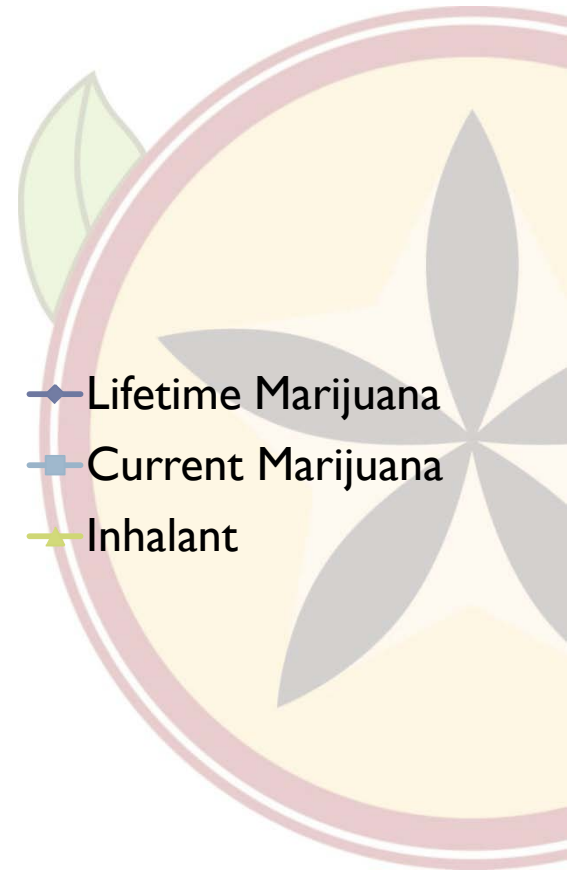
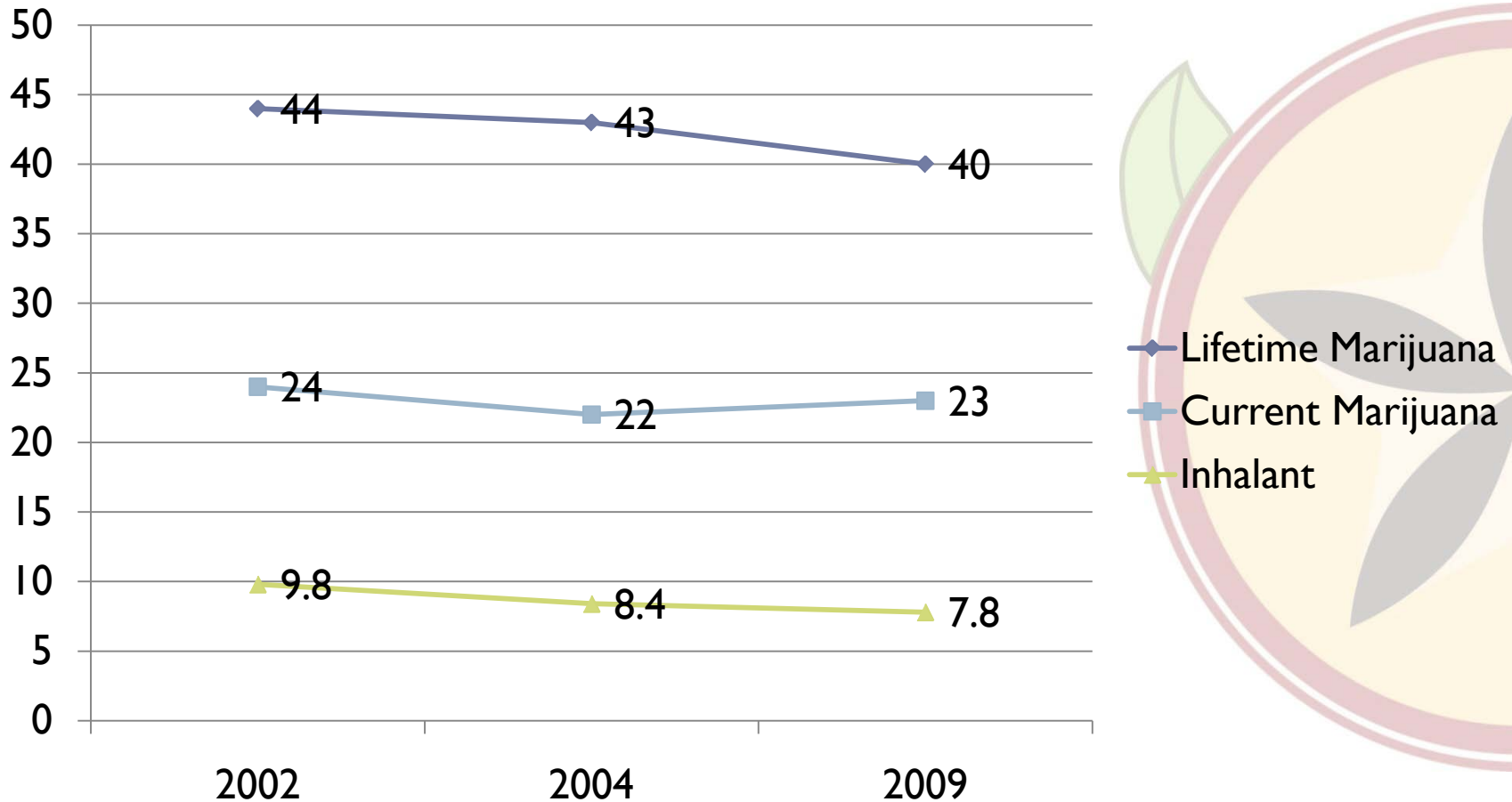


What is happening with Middle School teens in Shaker Heights?



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What is happening with teens in Shaker Heights?



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Risk and Protective Factors

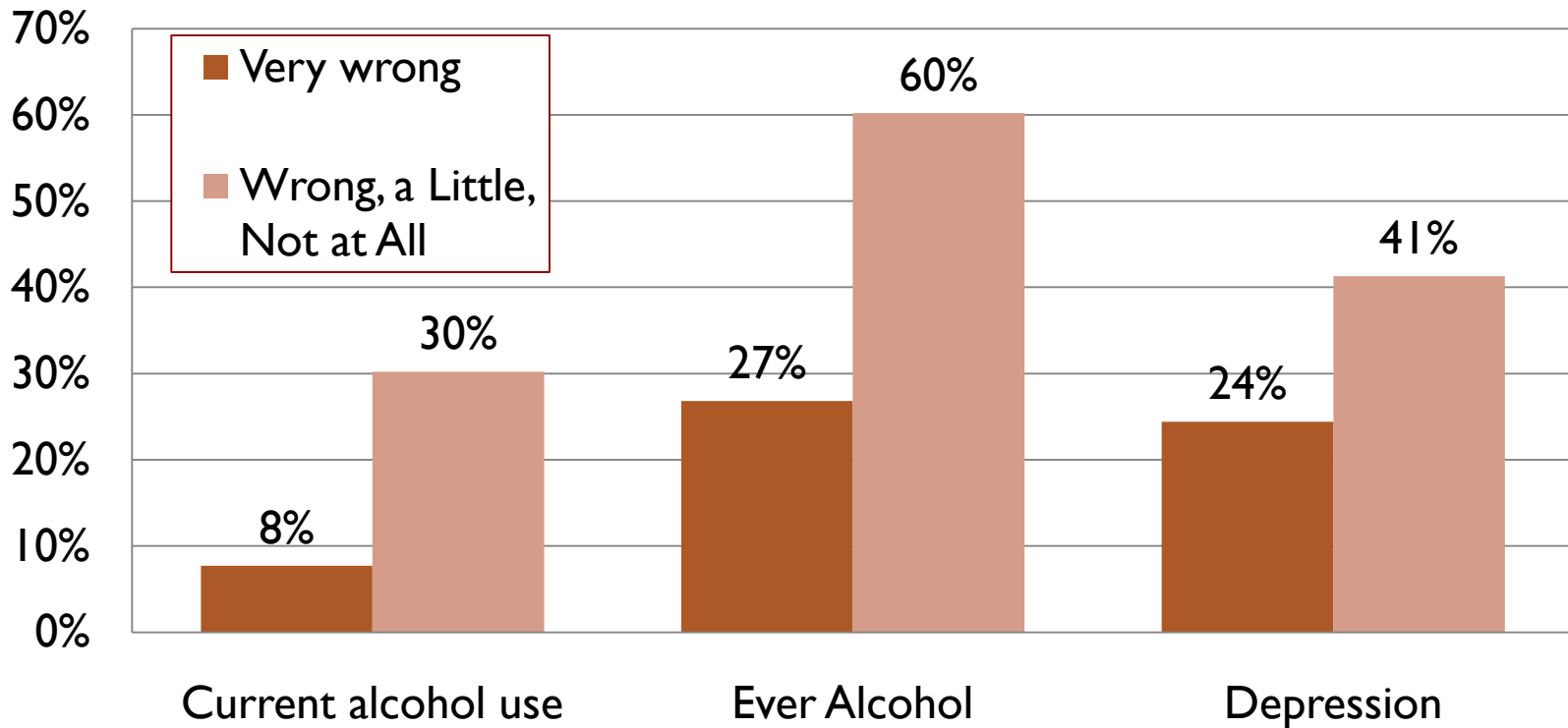
✳ Primarily Parental Control

- Parental Permissiveness
- Parental Supervision
- Computer/Videogame (not for school)
- TV Watching
- Texting and Social Networking
- Pro-Health Behavior
 - Bike Helmet
 - Seatbelt
 - Breakfast



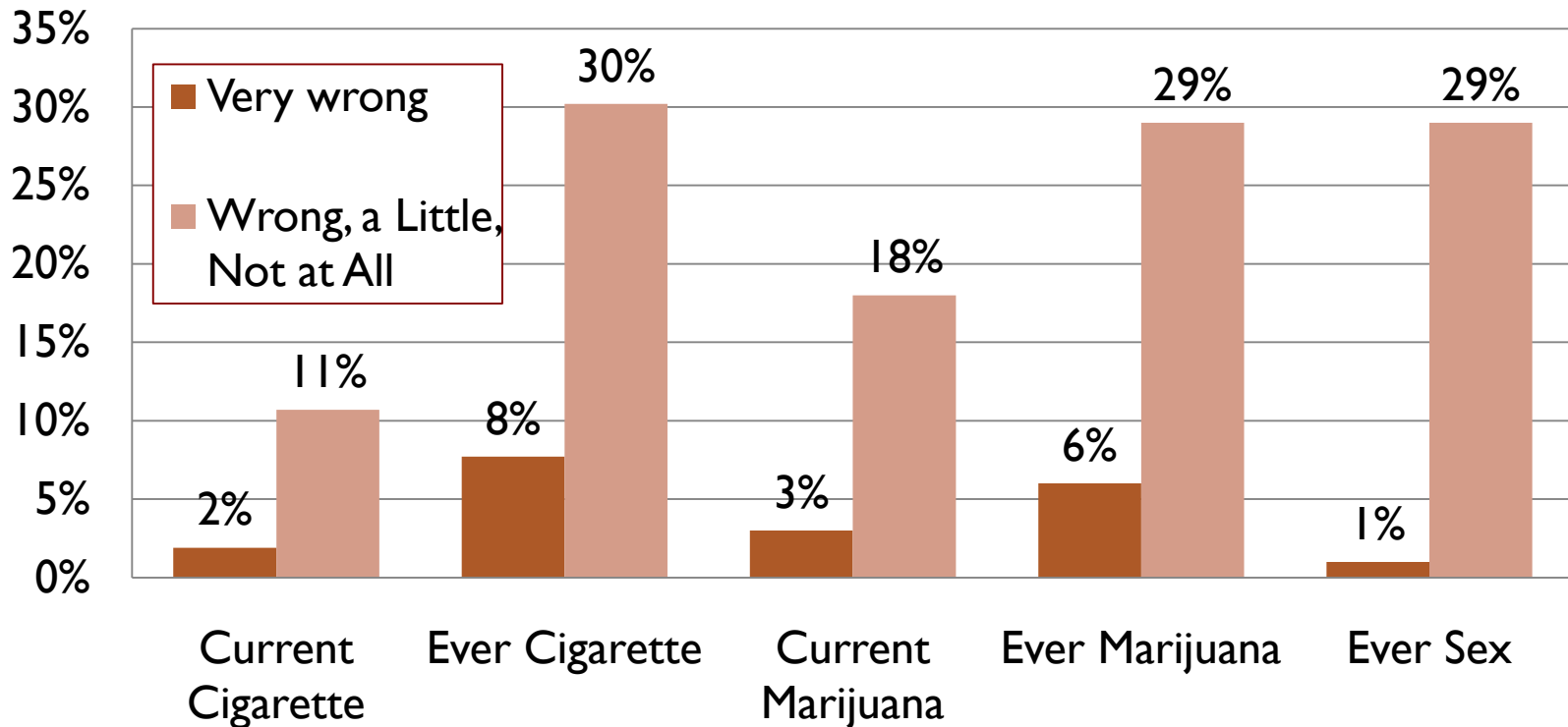
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Middle School Parental Permissiveness



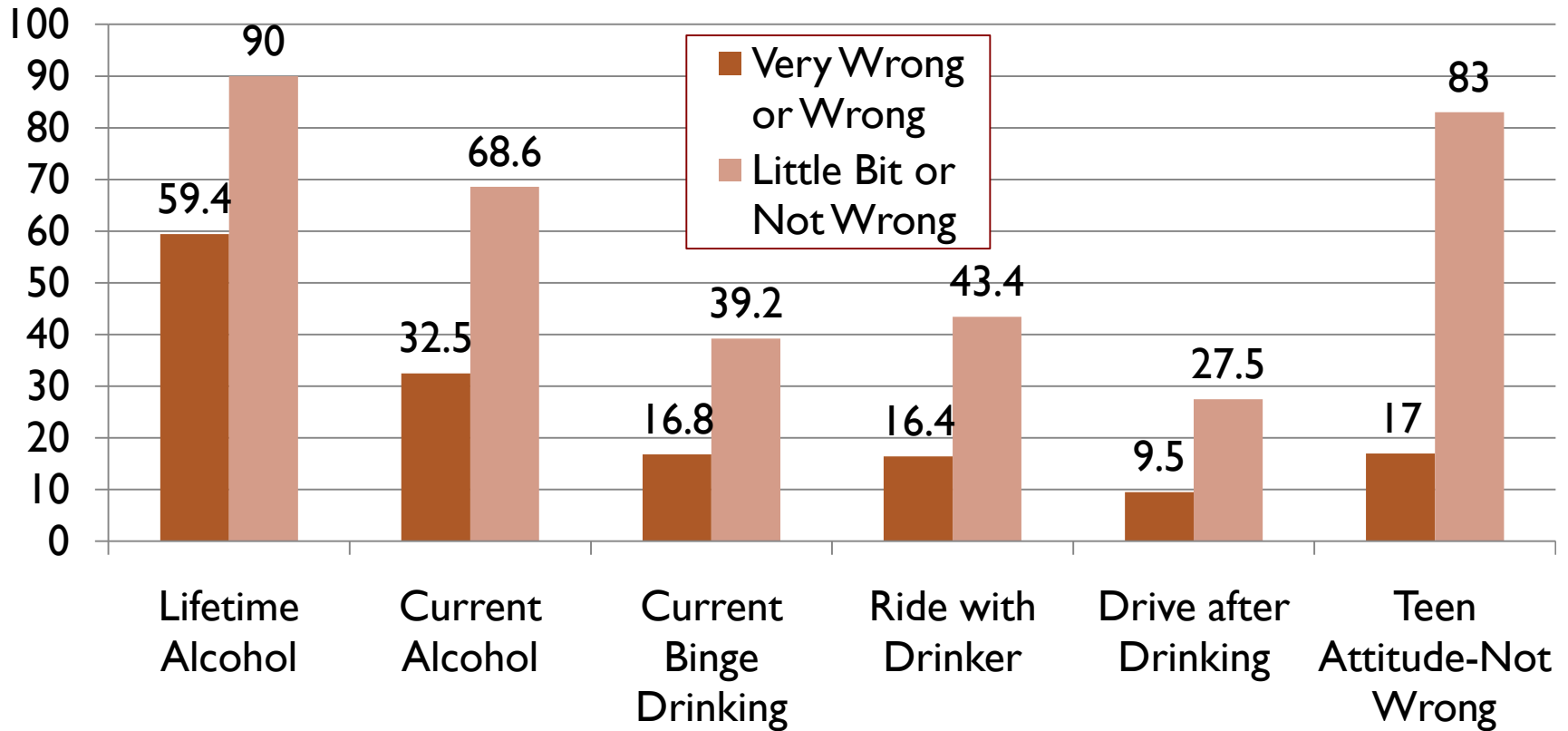
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Middle School Parental Permissiveness



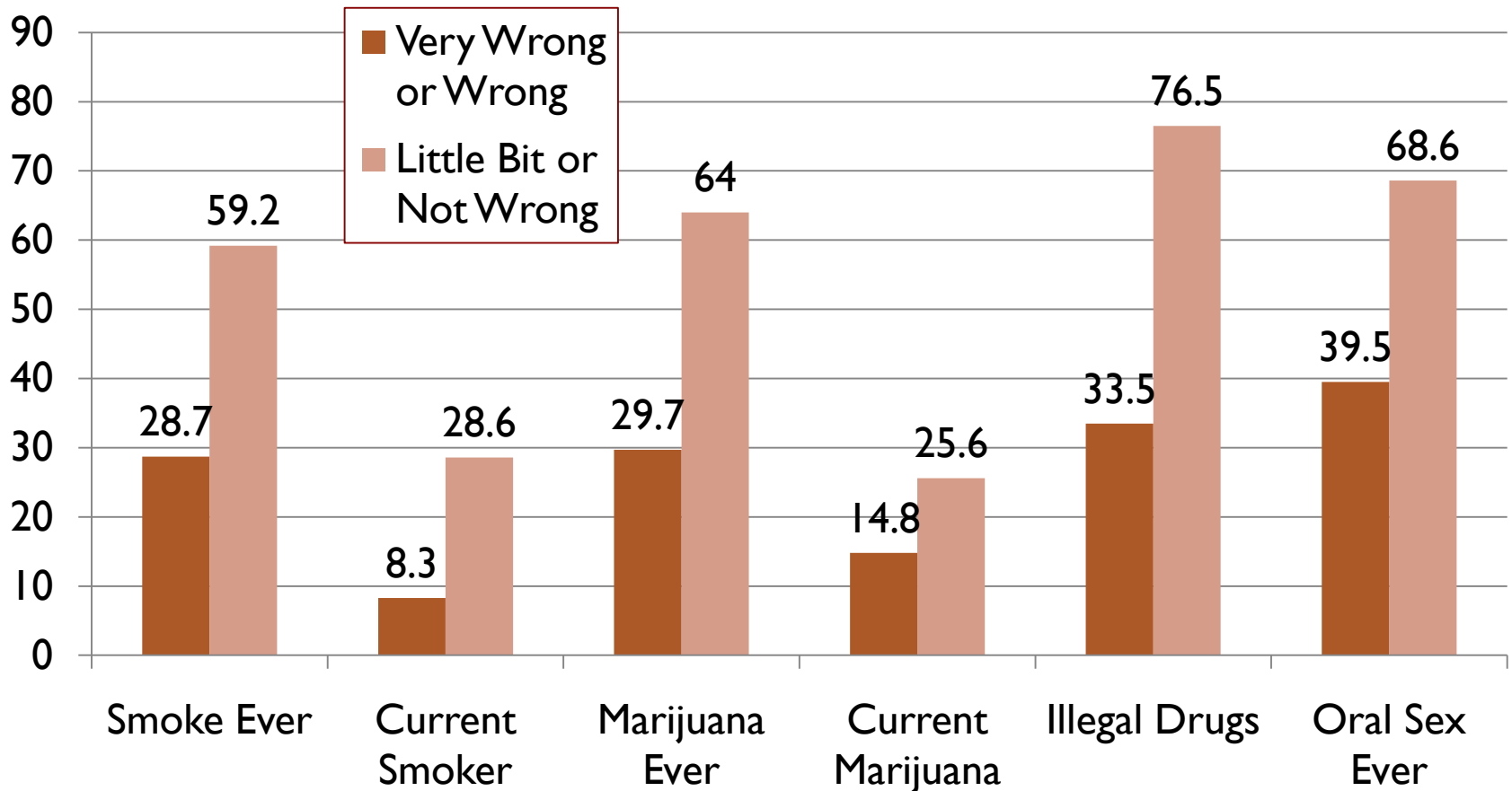
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High School Parental Permissiveness



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High School Parental Permissiveness

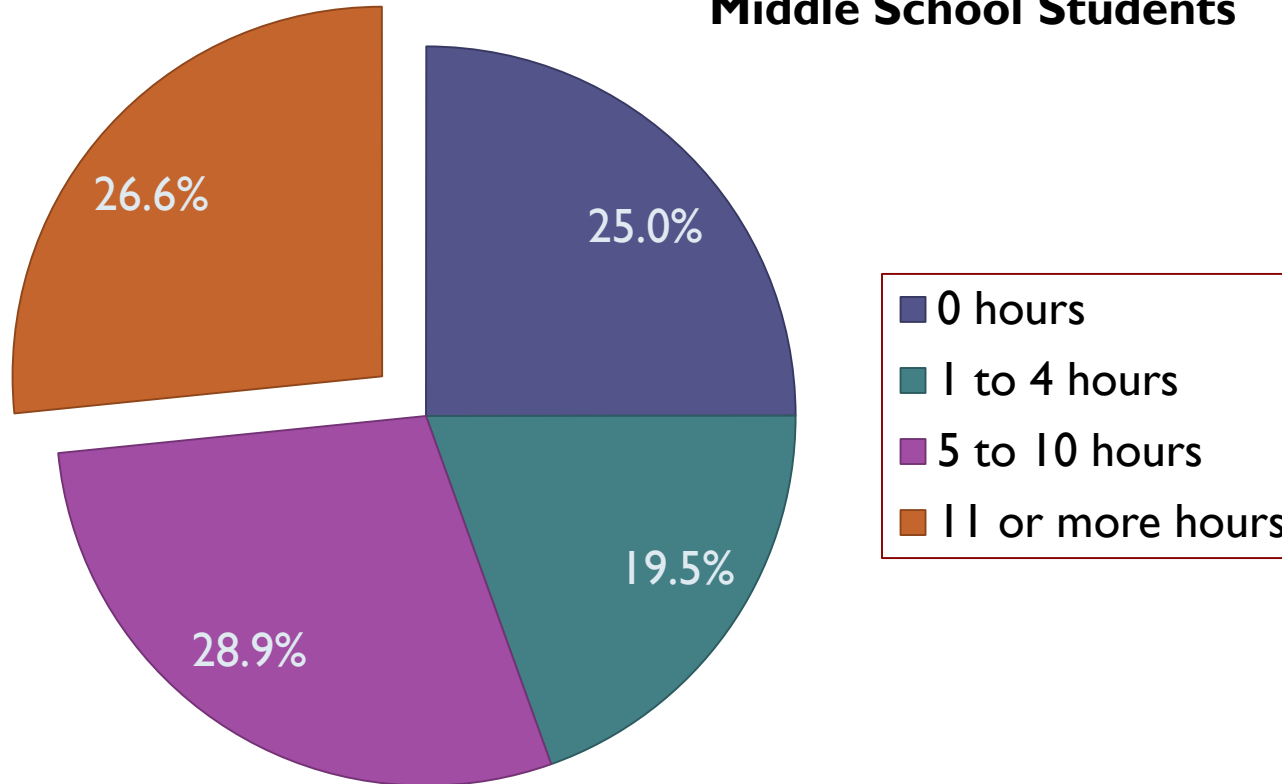


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Time Spent in Unsupervised Care

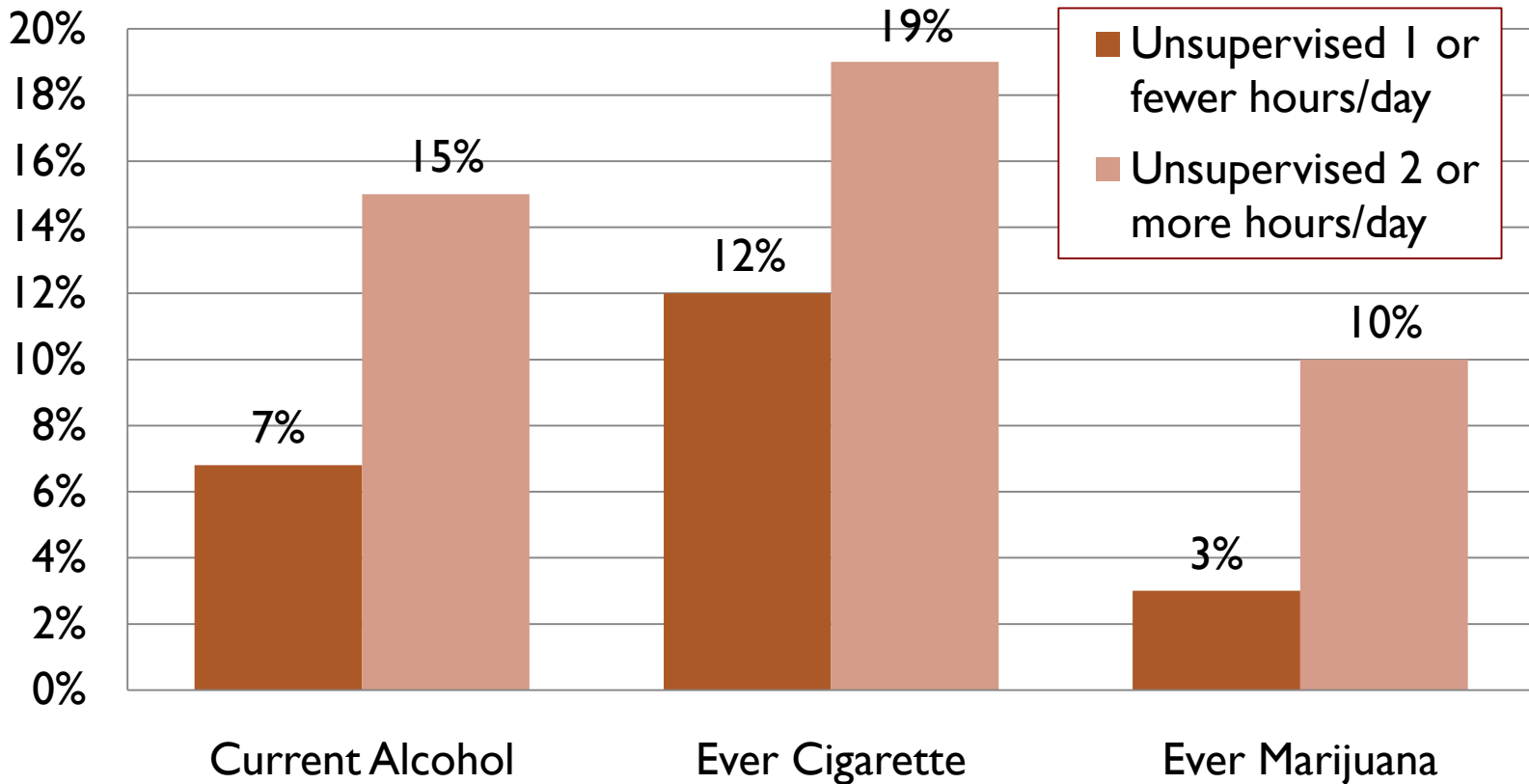


Middle School Students



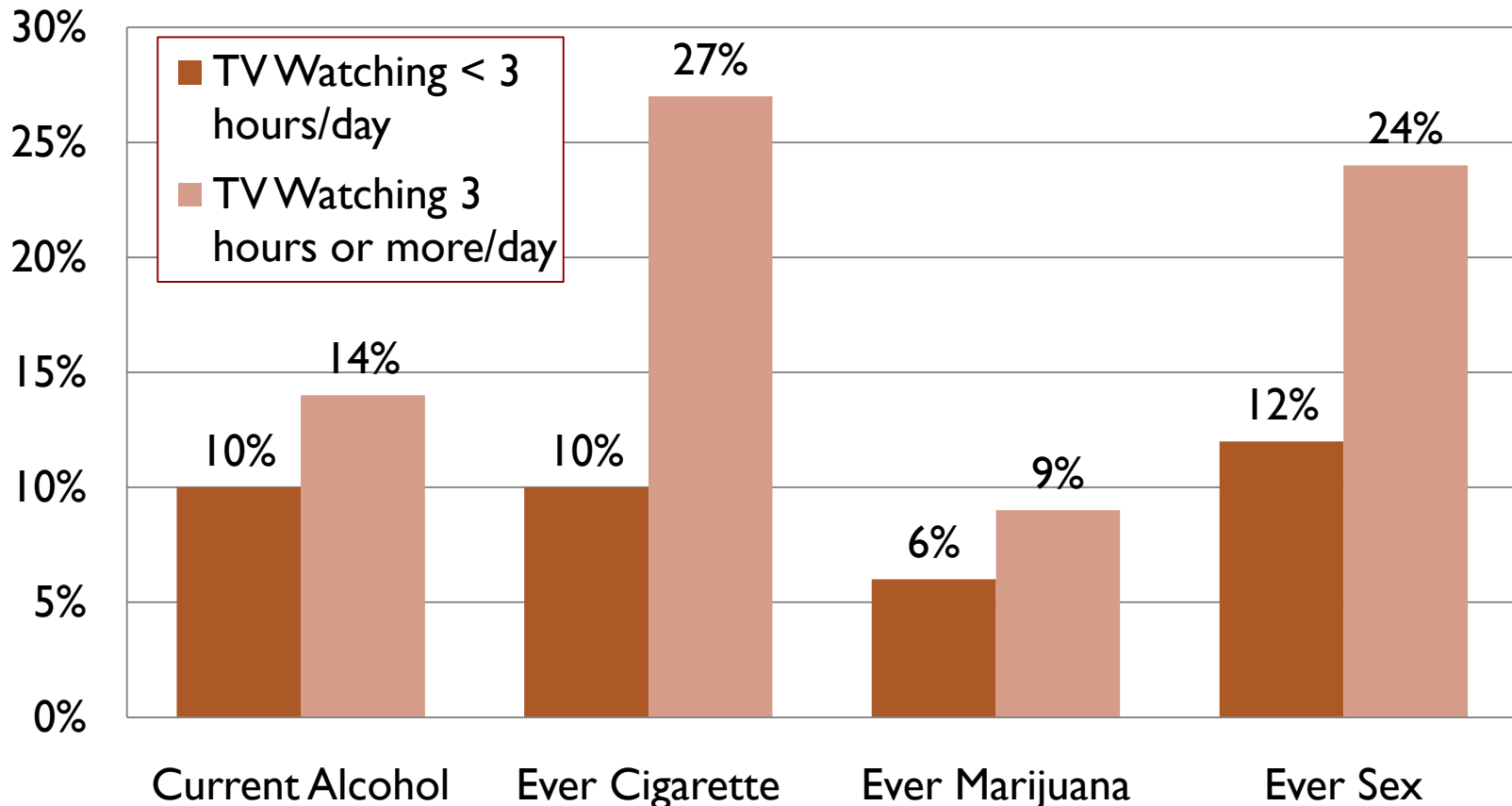
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Middle School Parental Supervision



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Middle School TV Watching

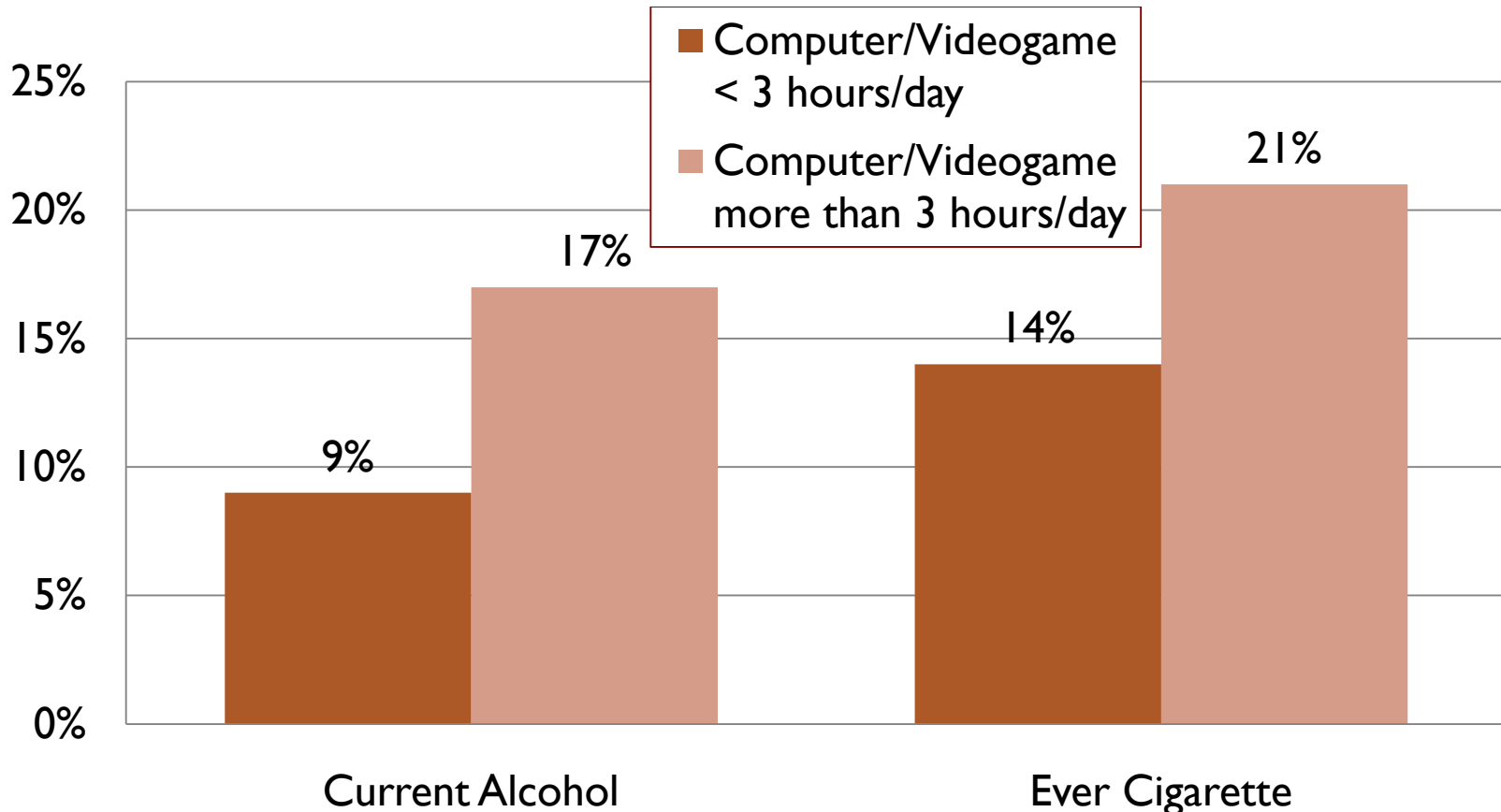


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Middle School Computer/Videogame*

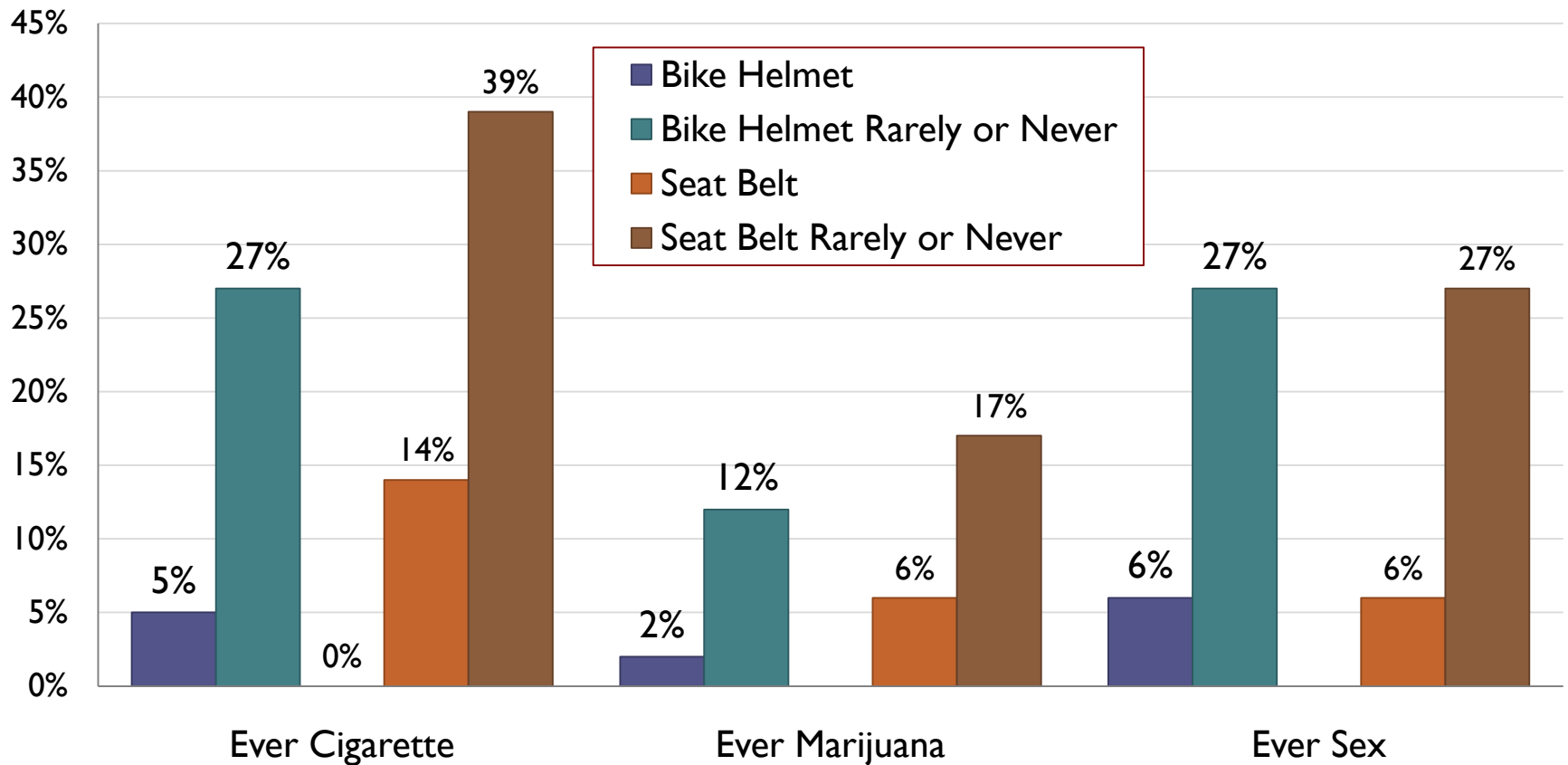


*Not for School Work



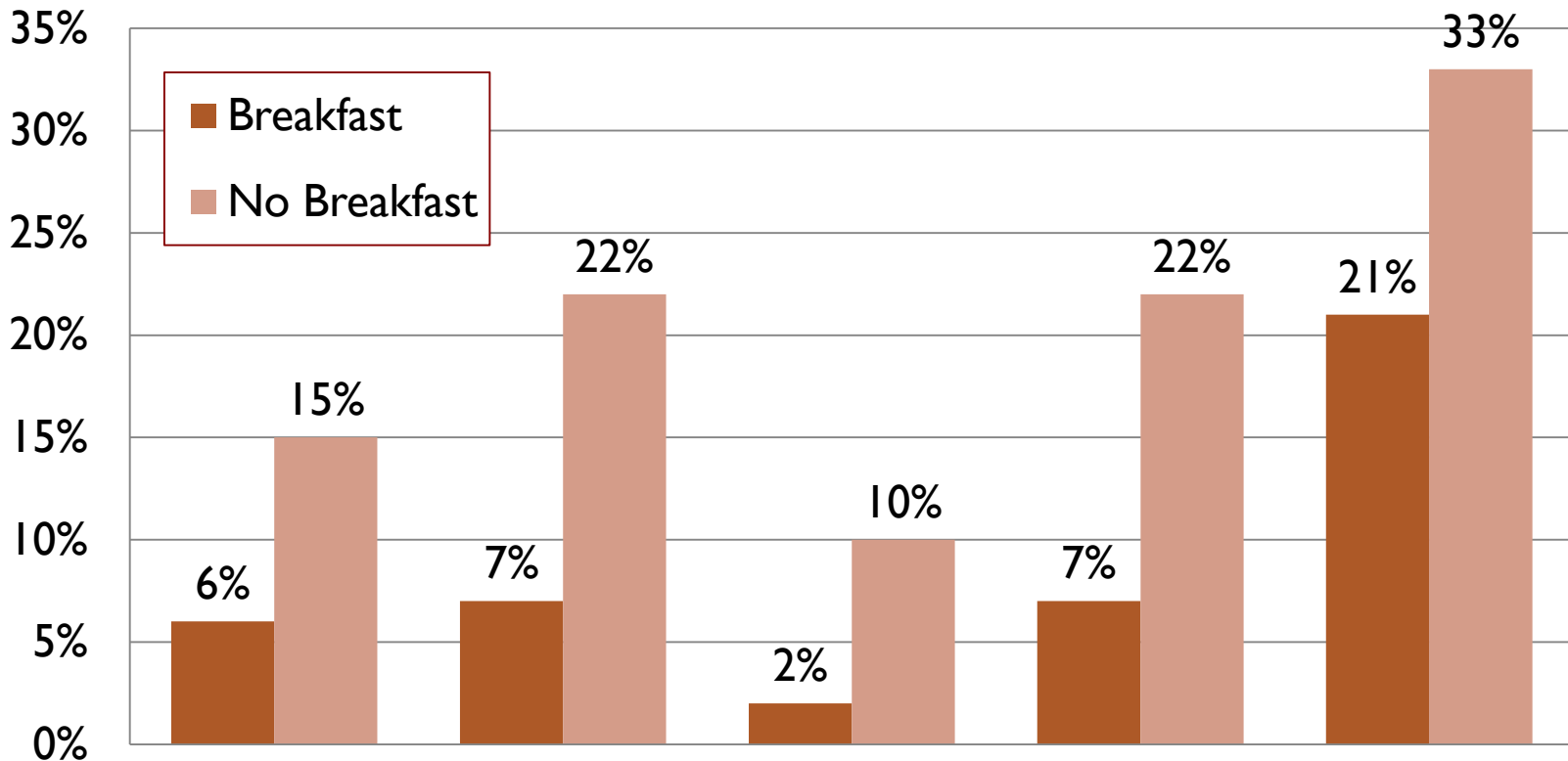
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Middle School Pro-Safety Behavior



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Middle School Pro-Health Behavior

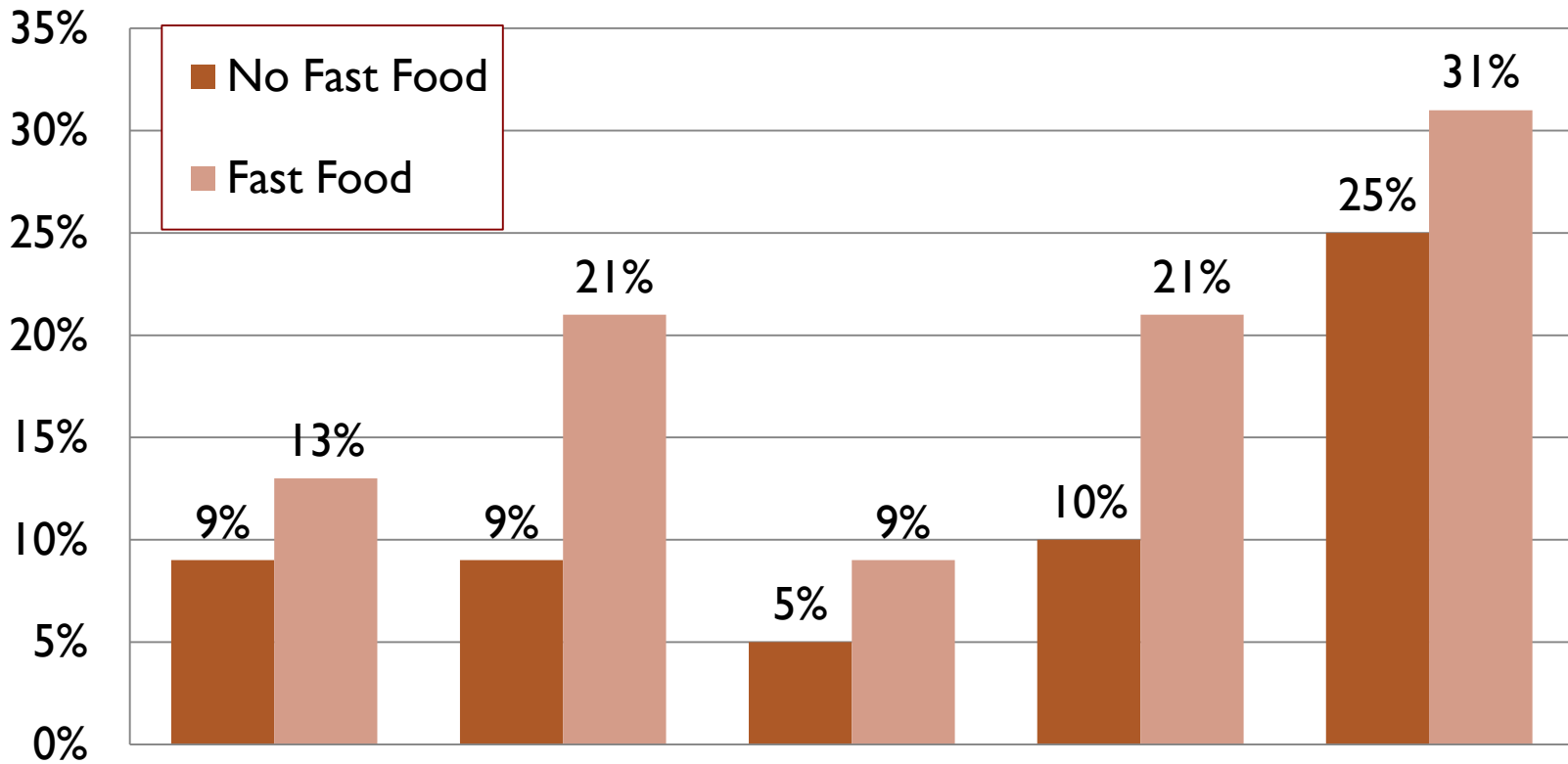


Current Alcohol Ever Cigarette Ever Marijuana Ever Sex Depression



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Middle School Pro-Health Behavior



Current Alcohol Ever Cigarette Ever Marijuana Ever Sex Depression

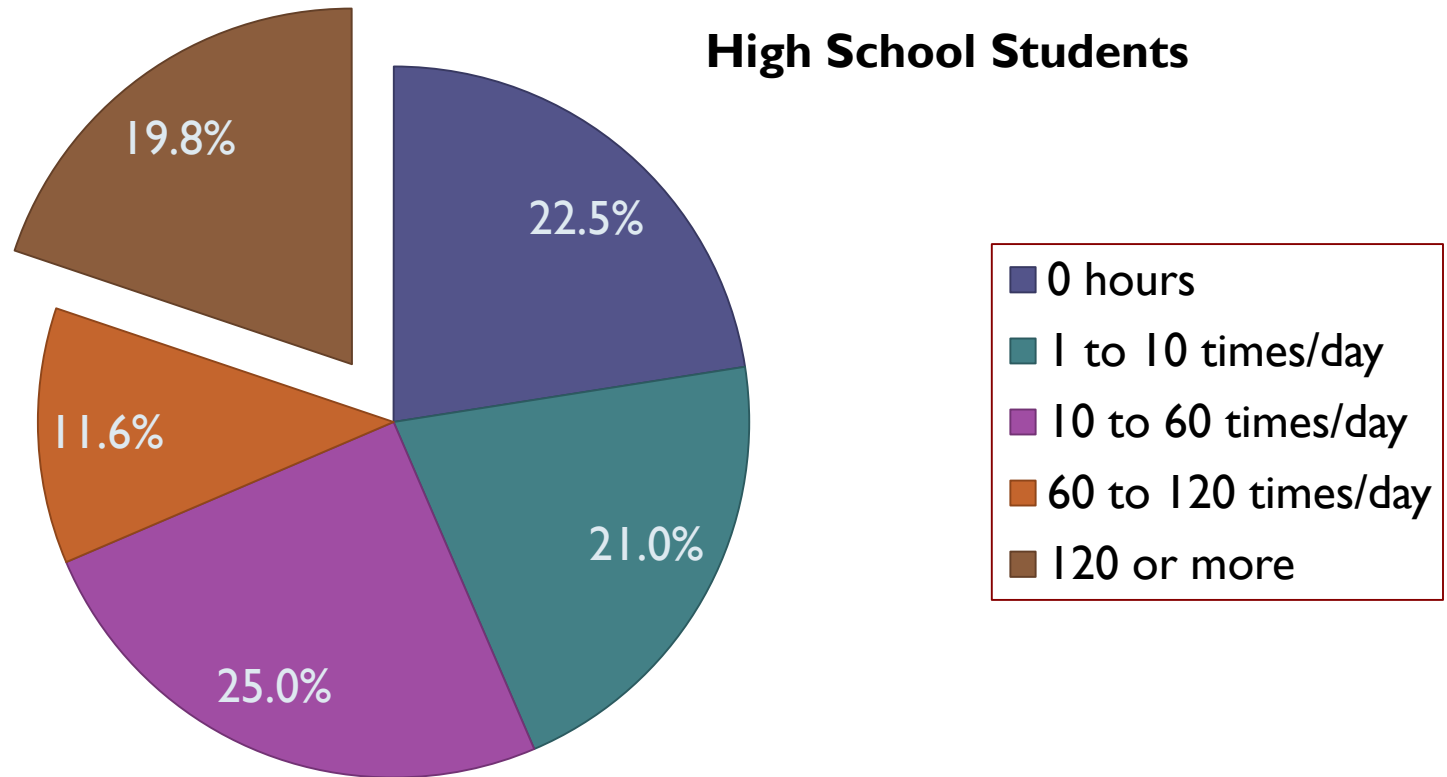


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Hyper-Texting



High School Students

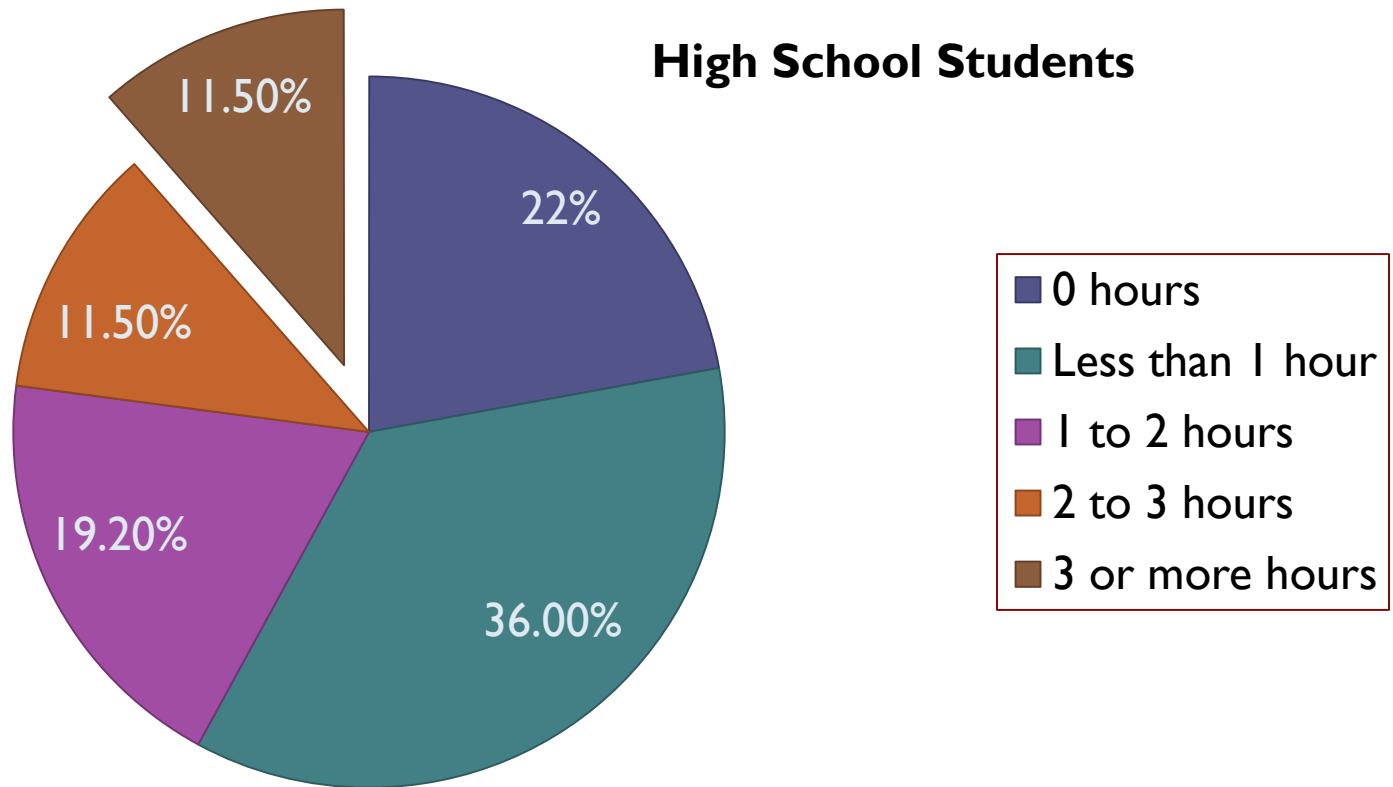


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Hyper-Networking



High School Students

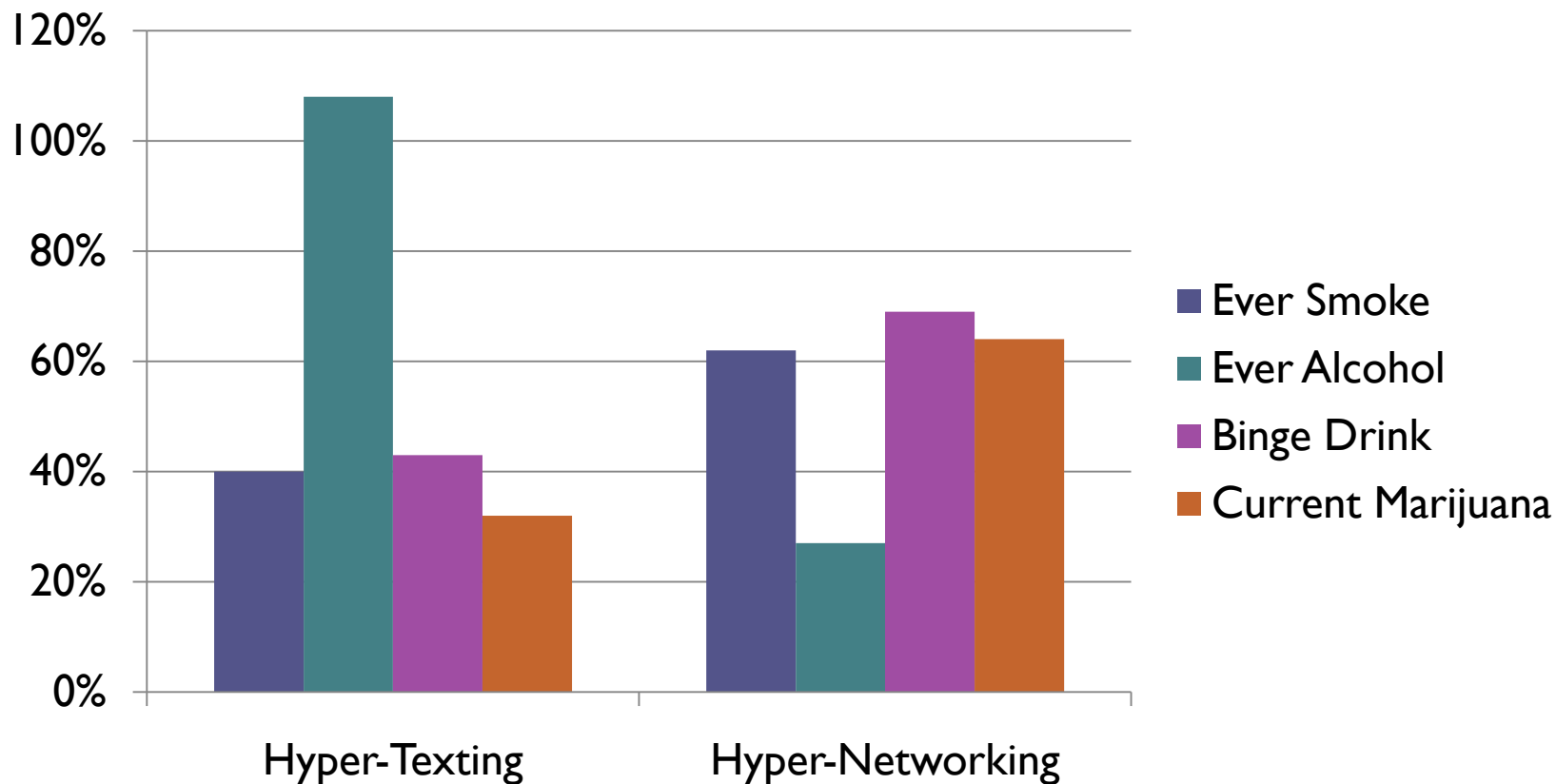


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Odds Ratio for Hyper-Texting and Hyper-Networking*



*Controlling for age, race, socioeconomic status, household structure

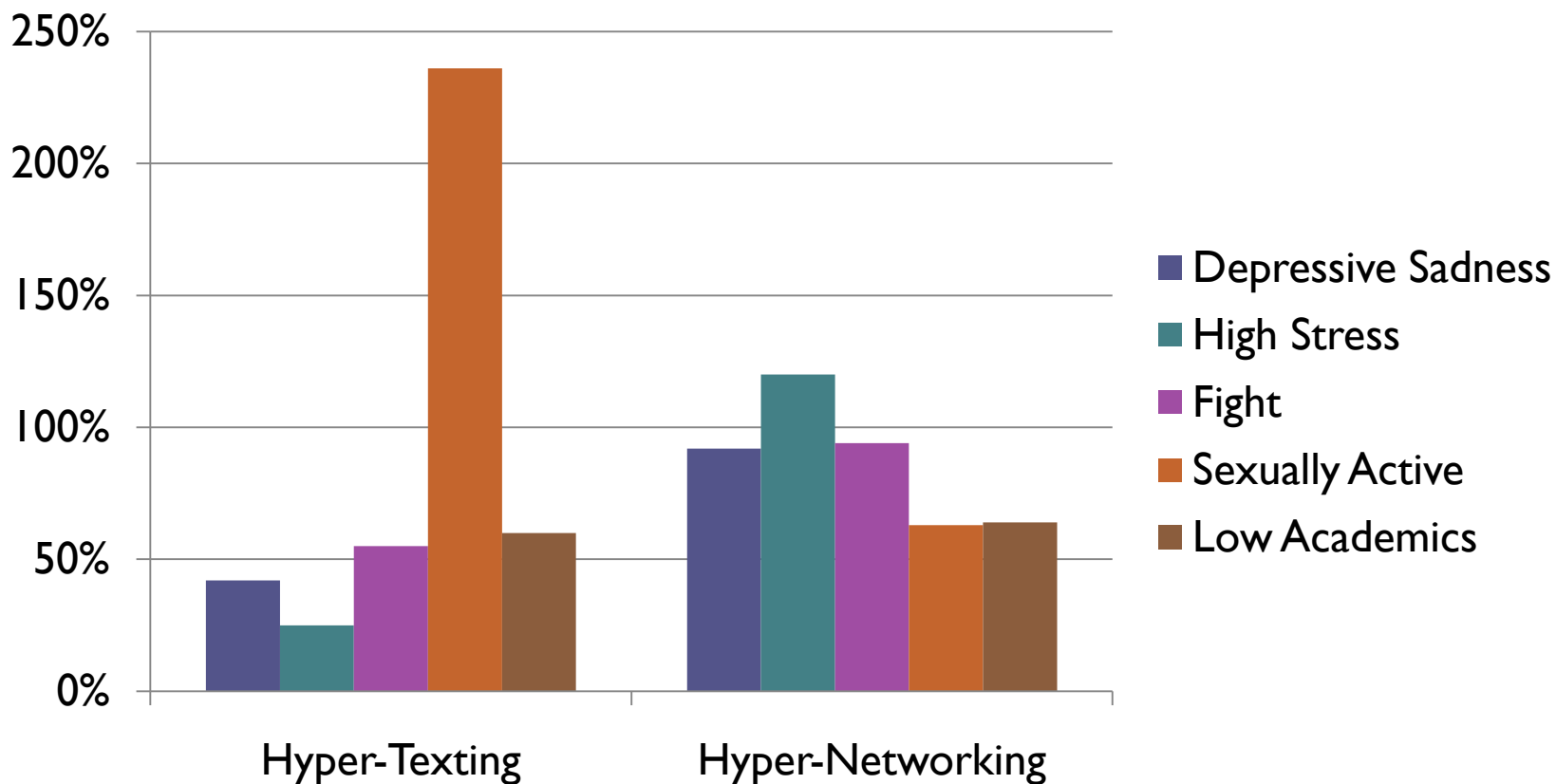


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Odds Ratio for Hyper-Texting and Hyper-Networking*



*Controlling for age, race, socioeconomic status, household structure



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Risk and Protective Factors

✳ Primarily Adolescent Control

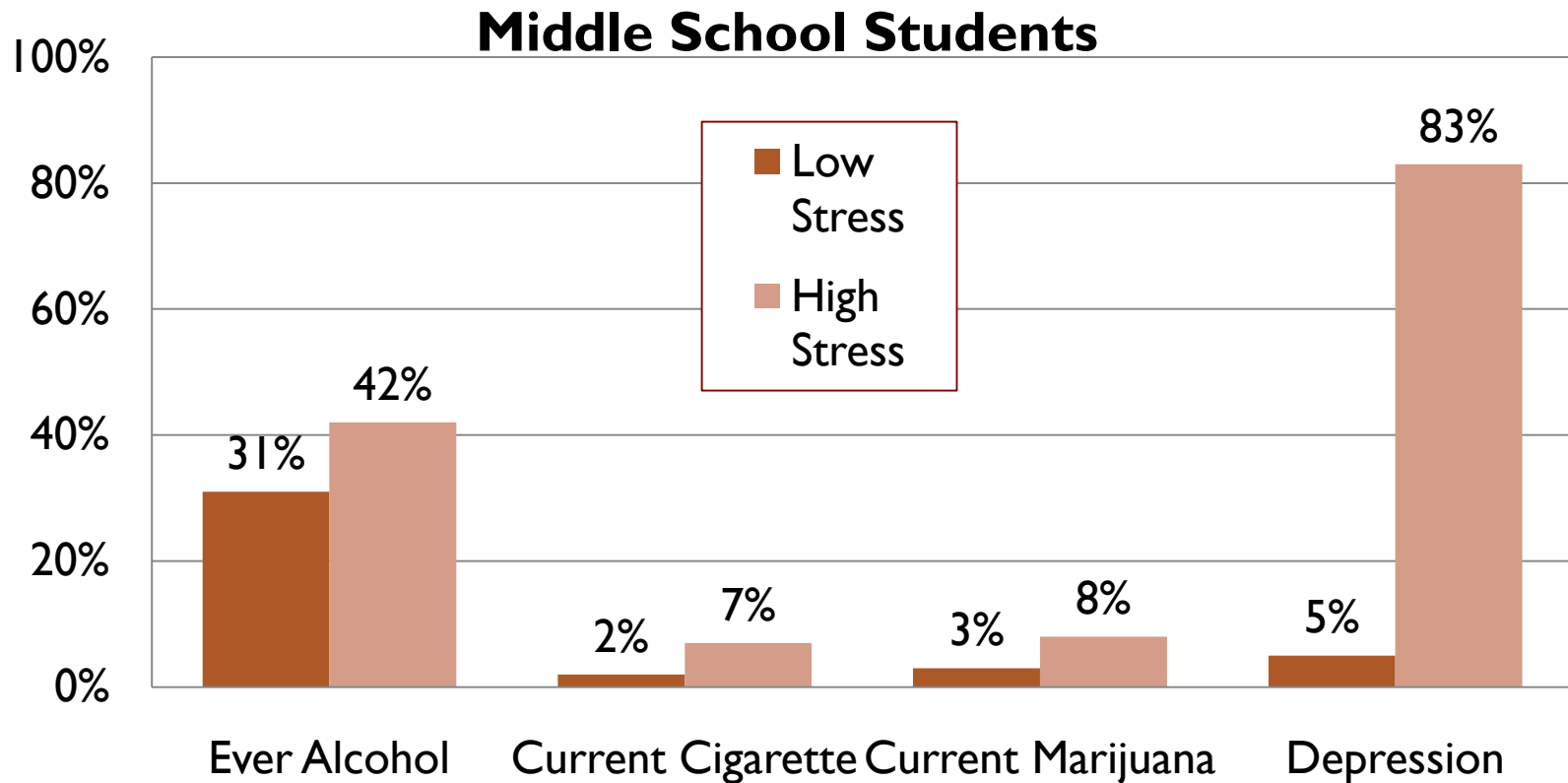
- Sports Team: not related to health risk behavior
- After School Activity : not related to health risk behavior
- Stress and Coping
- Academic Achievement



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Stress, Coping and Health Risk

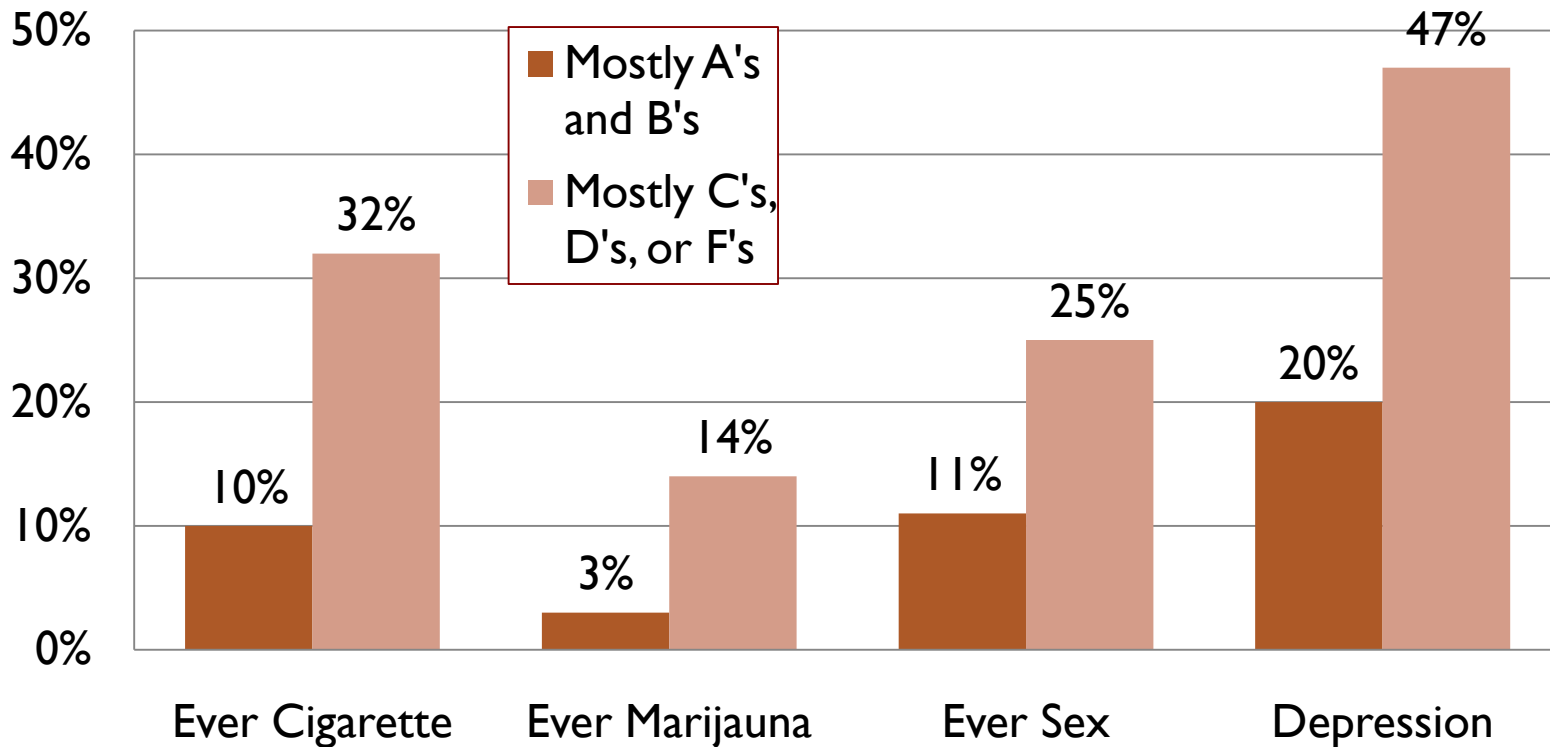


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Academic Achievement and Health Risk



Middle School Students



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Risk and Protective Factors

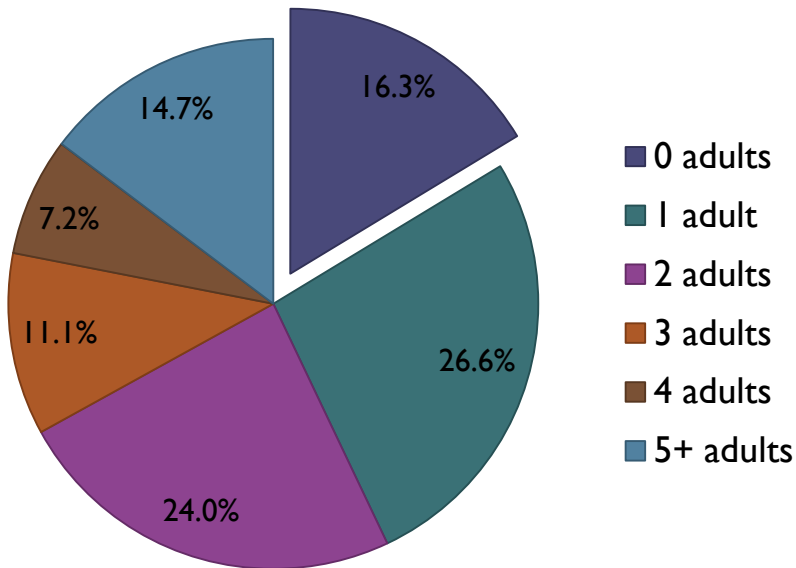
- ✳ Shared Control
 - Trusted Adults
 - Trusted Friends



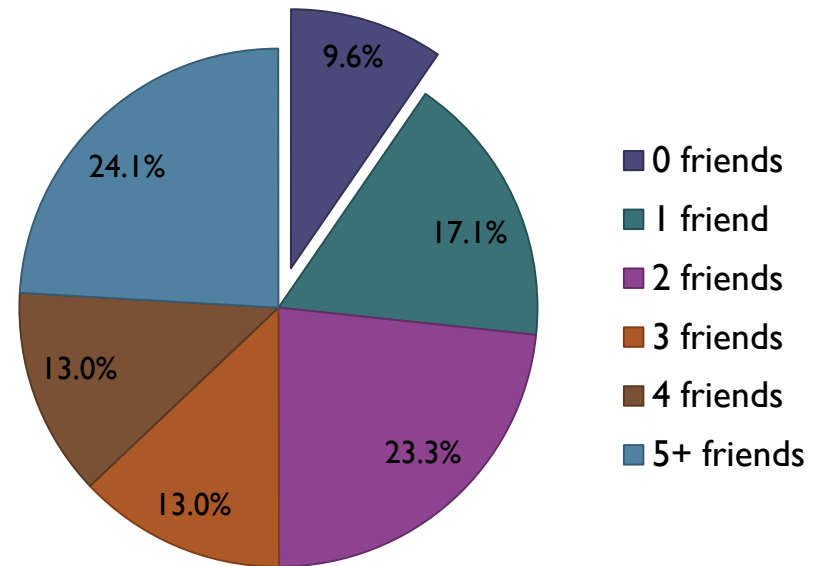
Trusted Adults and Friends



Number of Adults (Middle School Students)



Number of Friends (Middle School Students)

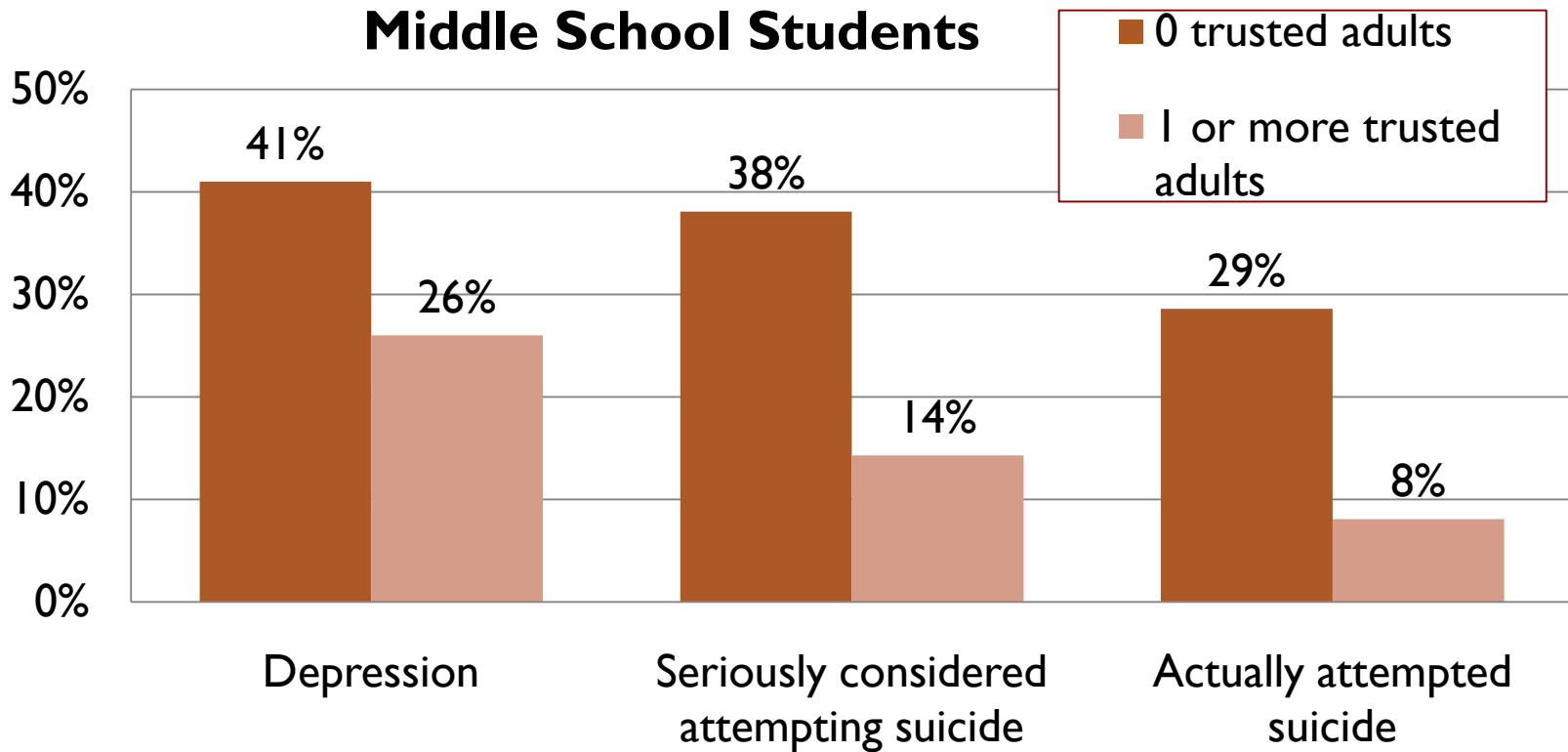


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Trusted Adults and Depression

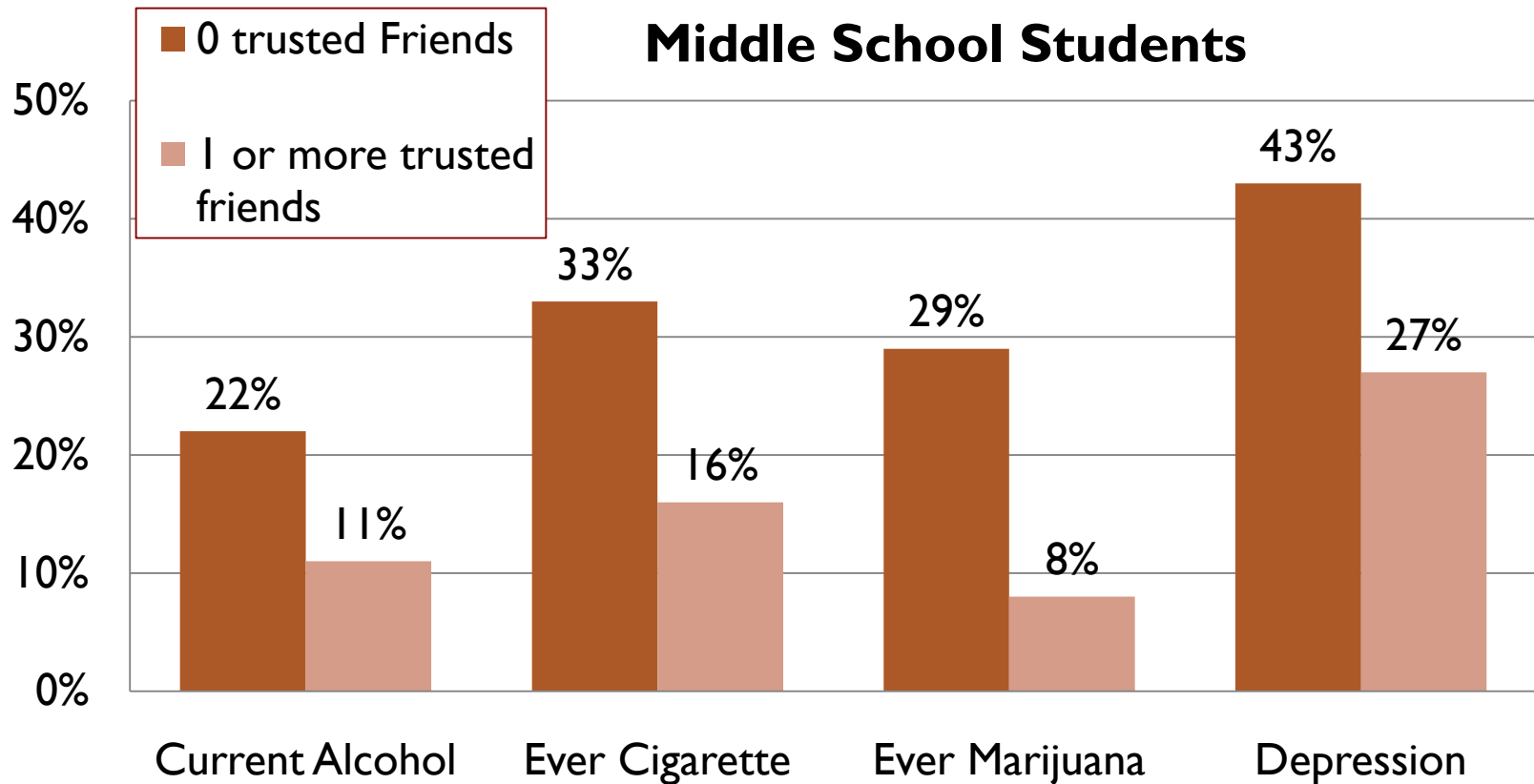


Middle School Students



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Trusted Friends and Health Risks



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Surviving Adolescence Summary

- ⊛ There are ***many, many different*** ways to be a great parent
- ⊛ Recognize ***health*** risk
- ⊛ Support ***healthy*** risk taking
- ⊛ Communicate ***clearly*** and ***repeatedly***
- ⊛ ***Control*** the things you ***can***
- ⊛ ***Be there*** and ***be square***
- ⊛ ***Do not*** think of ***your own*** behavior as an adolescent, think of ***your parents*** behavior



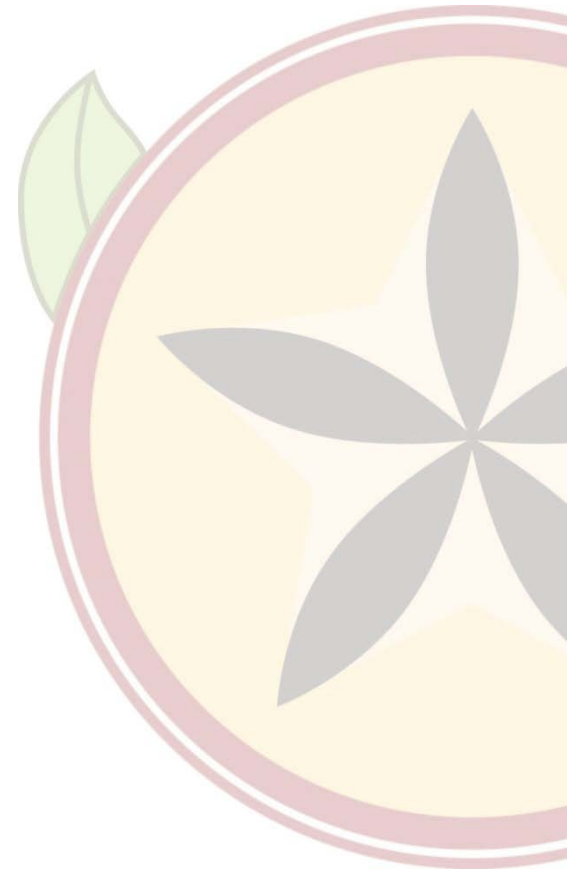
Surviving Adolescence Summary

- ⊛ Promote **pro-health** and **pro-safety** values early and often
- ⊛ Encourage independence **and** interdependence
- ⊛ Live **fully** in your **community**
- ⊛ Love and trust are **necessary**, but **not sufficient**
- ⊛ Still and all it is **better** to be your child's **excuse** than to be their friend



Surviving Adolescence Summary

- ⊛ Sometimes you can do **everything right** and watch the whole thing **go wrong**; and sometimes you can do **everything wrong** and watch the whole thing **go right**
- ⊛ The only alternative is to **laugh a lot...** At yourself and at your children



Shaker MAPS Commitment

- ⊗ I will not knowingly allow teen alcohol, tobacco, or drug use to occur in my home.
- ⊗ I will not deliberately look the other way in order to claim that I did not know.
- ⊗ I will not allow kids I don't know and trust to gather in my home without adult presence.
- ⊗ I will be involved (but not over involved) in the educational and social life of my teen children.
- ⊗ I will say, "No," when appropriate to protect my children.
- ⊗ I will welcome inquiries and input from other parents before their teens gather in my home.
- ⊗ I will support other parents who share these commitments.
- ⊗ I will give voice to these values by making them clear to my children and my community.



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Opportunities for Involvement

- ✳ Junior SHARP
- ✳ SHARP
- ✳ Shaker Prevention Coalition
- ✳ South Shaker MyCom
- ✳ Shaker MAPS
- ✳ shakerprevention.com

