06 Adolescent Challenges

Outline for Taking Notes Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Swiss psychologist Carl \_\_\_\_\_\_\_\_\_\_\_\_\_ (pronounced ‘young’; 1875-1961) theorized about personality and temperament.

He defined \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as an individual’s true nature or disposition. It is defined by genetics and our inborn reactions to our environment, emotional and social situations.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or persona is how we present ourselves to the world. Persona represents all of the different social masks that we wear among different groups and situations, and involves our ego, or behaviors.

Which one can the individual control and change? TEMPERAMENT or PERSONALITY.

Name a personality disorder: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. A. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Level (active vs. passive) Proportion of active periods to inactive ones

B. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ease with which a child adapts to changes in his environment

C.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (introvert vs. extrovert or assertive vs. unsure)  
The response to a new object or person

D.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ The degree to which extraneous stimuli affect behavior

E. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_The energy of response regardless of its quality or direction

F. Quality of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Amount of time spent in friendly, pleasant, joyful behavior

G. Persistence/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_The amount of time devoted to an activity and level of distraction

H. Regularity/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (structured vs. disorganized) Regularity of hunger, excretion, sleep and wakefulness

I. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (calm vs. anxious) The intensity of stimuli required to evoke a discernible response.

3. Jung identified a number of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (typical examples) of personality. He suggested many different types may overlap or combine at any given time. The following are just a few of the various archetypes that Jung described: the authority father, the nurturing mother, the innocent child, the guiding and wise old man, the defender hero, the pure maiden, and the trouble-maker trickster.

4. Alfred \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1870-1937) believed that a person's behavior is motivated by a desire to achieve success or superiority, moderated by social environments.

According to Adler’s theory, all children feel inadequacies when compared to others. He coined

the phrase ‘\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to describethat concept. Although he did believe that personality is influenced in large part by heredity and the environment, Adler believed that each person has his or her ability to create a distinct personality in order to be successful and achieve full mental health.

Adler also theorized about \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ and personality. He believed the order in which you are born to a family affects your personality. First born children enjoy excessive attention until younger siblings steal it, leaving them to have the greatest number of problems as they get older. Adler believed middle born children have a high need for superiority and are often able to seek it out through healthy competition. The youngest children get pampered and protected more than any other child did, which could leave them with a sense that he cannot take on the world alone and will always be inferior to others.

5. Three different personality/temperament tests can be used to identify individual traits.

Building on the writings and observations of Jung during World War II, Isabel Briggs-Myers and her mother, Katharine C. Briggs, delineated personality types by constructing the

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Type Indicator.

This model was later revised by David \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with a different understanding from Jung, Briggs and Myers.

He called his test the Kiersey \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Gallup, Inc. is an American research-based group that is best known for conducting public opinion polls and then using the findings to consult with businesses, employers, political campaigns, etc.

They developed the \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which some companies are using to help identify with strengths that meet their needs.

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Addiction, also known as computer addiction, online addiction, or Internet addiction disorder (IAD), can be categorized into 5 different areas… (not use, but obsessions)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Addiction (Internet pornography, adult chat rooms, fantasy sex, etc.)

\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Addiction –(social networking, chat rooms, texting, messaging)

\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_– (online gaming, gambling, stock trading, online auction sites)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Addiction – (playing of off-line computer games or computer programming)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_– (web surfing or database searching)

7. Adolescents are particularly susceptible to substance abuse due to their level of brain development and cognitive thinking. They are still developing the skills needed to make…

A. wise \_\_\_\_\_\_\_\_\_\_\_\_\_\_, good \_\_\_\_\_\_\_\_\_\_\_\_\_, and exercise \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

B. they are \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

C. they don’t connect \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

D. they \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E. they are heavily influenced by \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_

F. they seek \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

8. The more risk factors an individual has, the greater the chance that taking drugs can lead to addiction. Risk factors include:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - genetics, gender, ethnicity, and presence of other mental disorders

Social \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - influences of family and friends, socioeconomic status, quality of life in general, peer pressure, physical and sexual abuse, stress, and quality of parenting

\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ of Development - critical developmental stages in a person’s life affect vulnerability; although taking drugs at any age can lead to addiction, the earlier that drug use begins, the more likely it will progress to more serious abuse.

9. Illicit drug use includes the abuse of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

misuse of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ medications

misuse of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ substances.

These drugs cause a pleasurable increase in the amount of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in the brain. As a person continues to abuse drugs, the brain adapts to the drug-induced surges in dopamine by producing less dopamine of its own. This decrease compels the addicted person to keep abusing drugs in an attempt to bring the dopamine function back to normal, but now larger amounts of the drug are required to achieve the same euphoric dopamine high.

This produces an effect known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

10.Repeatedly seeking to experience that euphoric feeling can lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

11. Ethyl alcohol, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, is an intoxicating ingredient found in beer, wine, and liquor. It is produced by the fermentation of yeast, sugars, and starches. It is a central nervous system depressant..

Alcohol is metabolized in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by enzymes; however, the liver can only metabolize a small amount of alcohol at a time, leaving the excess alcohol to circulate throughout the body via the bloodstream. The intensity of the effect of alcohol on the body is directly related to the amount consumed.

12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a diagnosable disease characterized by a strong craving for alcohol, and/or continued use despite harm or personal injury. A pattern of drinking that results in harm to one’s health, interpersonal relationships, or ability to work is called:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_.

13. \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has become common among younger drinkers. A single alcohol binge may cause bacteria to leak from the intestines and increase levels of bacterial toxins in the blood, which could adversely affect the immune system. Binge drinking corresponds to consuming about 5 or more drinks for men, or 4 or more drinks for women, in a 2 hour period. Drinking too much too quickly can affect breathing, heart rate, body temperature, gag reflex, and potentially lead to coma and death.

This is known as ‘\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’.

14. Cigarettes and other forms of tobacco—including cigars, pipe tobacco, snuff, and chewing tobacco—contain the addictive drug

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Upon entering the bloodstream, it stimulates the adrenal glands to release the hormone epinephrine (adrenaline). Epinephrine stimulates the central nervous system and increases blood pressure, respiration, and heart rate. Nicotine also increases brain levels of the neurotransmitter dopamine, which affects the brain pathways that control reward and pleasure. Long-term brain changes can result in addiction to nicotine.

15. Nicotine is addictive, but does not cause cancer. Tobacco smoke is a mixture of chemicals such as carbon monoxide, tar, formaldehyde, cyanide, and ammonia—many of which are

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (cancer-causing). \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ increases the chance of cardiovascular diseases such as stroke, heart attack, vascular disease, and aneurysm.

\_\_\_\_\_\_\_\_\_\_ exposes the user to an increased risk of lung cancer, emphysema, and bronchial disorders. On average, adults who smoke die 14 years earlier than nonsmokers. Tobacco use is the leading preventable cause of disease, disability, and death in the United States. It kills more people than obesity, substance abuse, infectious disease, firearms, and traffic accidents, according to the

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ (CDC).

Pregnant women who smoke run an increased risk of miscarriage, stillborn or premature infants, or infants with low \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_..

16. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, passive, or environmental smoke consists of exhaled smoke and smoke given off by the burning end of tobacco products. Inhaling secondhand smoke increases risk for disease, especially respiratory problems. Children exposed to secondhand smoking are at an increased risk for sudden infant death syndrome, ear problems, and severe asthma. Children who grow up with parents who smoke are more likely to become smokers.

17. Eating disorders are mental health disorders falling under the headings of anxiety disorders or OCD… Obsessive-Compulsive Disorder. Obsessions are repetitive or persistent behaviors, thoughts, impulses, or images that are unwanted and cause anxiety or distress. Compulsions are repetitive behaviors (like throwing up after eating) or mental acts (like avoiding food). Eating disorders may be a combination of biological, behavioral, and social factors. An adolescent with an eating disorder is so preoccupied with food and weight that they can often focus on little else.

Some teens may try to ‘be \_\_\_\_\_\_\_\_\_\_\_\_\_’ or imitate cultural \_\_\_\_\_\_\_\_\_\_\_\_\_. Others fear

becoming overweight or suffer from depression, low self-esteem, feelings of emptiness, or

feeling helpless and ‘out of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’.

18. The 3 main eating disorders are:

A. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - self-starvation

B. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - binging followed by purging

C. \_\_\_\_\_\_\_\_\_\_\_\_- \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - overeating without purging

19. Over 1/3rd of adolescents are overweight or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Adolescents who are obese are likely to be obese as adults, and are therefore more at risk for adult health problems such as heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis.

20. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_identify with names, colors, language or hand signs and a common philosophy.

Some gangs will mark an area or neighborhood with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to claim the territory for distribution. The gangs pose gun, drug, and violence problems for the city.All use violence to control neighborhoods and boost their illegal money-making activities, which include robbery, burglary, drug and gun trafficking, fraud, extortion, and prostitution rings. Adolescents are the most likely age to join gangs, struggling with identity, and wanting to be included by:

a social \_\_\_\_\_\_\_\_\_\_\_\_ group.

21. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is defined as the habitual committing of criminal acts or offenses by a young person, especially one below the age at which ordinary criminal prosecution is possible (usually 18, but as early as age 14, depending on the nature of the crime). In Nebraska, community-based services and programs designed to work with youth who have committed a delinquent or criminal act and their families are overseen by the:

State Department of \_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

22.Youth treatment and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ plans for juvenile delinquents provide for physical, emotional, religious, educational, and social development.

23. \_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is not a suicide attempt. It is an unhealthy way to deal with emotional pain, intense anger, or frustration. It is a secretive behavior. There is a higher incidence in females than males It may bring a momentary sense of calm and a release of tension, but is usually followed by guilt and shame and the return of painful emotions. With self-injury comes the possibility of more serious and even fatal self-aggressive actions.

Two common types of self-injury include: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

24. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a serious medical problem that causes a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ feeling of sadness and loss of interest in activities. It affects how the adolescent thinks, feels and behaves; it can cause emotional, functional and physical problems. Depression is a mood disorder.. It cannot be overcome with willpower.

25. Depression may be caused by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in the brain,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ traits, early childhood \_\_\_\_\_\_\_\_\_\_\_\_\_, or learned

patterns of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_thinking.

26. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a permanent solution to a temporary problem. Adolescents who lack brain development, maturity, and experience cannot see that they can turn their lives around. They also have trouble coping with the stress of being a teen, rejection, failure, breakups and family turmoil. Many teens who attempt or commit suicide have a mental health condition or substance abuse problem.

27. About 8 out of 10 pregnancies among adolescents are either \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or occurred before the adolescents were ready to be parents. Only about a quarter of teens use contraceptives the first time they have sex, because that would be an indication or admitting it was ‘planned’.

Out of all teen pregnancies, 57% end in \_\_\_\_\_\_\_\_\_\_\_\_; 14% end in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(self-abortion), and 29% end in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (medical termination).

28. Pregnant teens and their babies have medical \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, so are considered high-risk pregnancies.Statistically, adolescents who have a baby are less likely to finish high school, more likely to be poor as adults, and more likely to rely on public assistance than those who do not have a teen birth. Social circles change, and there is a higher risk of post-partum depression. The majority of adolescent mothers live with one of their parents.

29. Unmarried fathers have rights and responsibilities concerning \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_until the child is 18, but they will need to take legal action to obtain these rights and responsibilities.

30. The death rate rises rapidly following puberty because of the top 3 causes of death:

deadly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, homicides, and suicides.

31.Teens drivers tend to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dangerous situations or not be able to recognize hazardous situations.

Teen drivers are more likely to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and allow shorter distances between their car and the one in front of them.

Male drivers and the presence of teenage \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ increases the likelihood of risky driving behavior. Among adolescent male drivers involved in fatal accidents, over 1/3rd

are speeding and one quarter have been \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Compared with other age groups, teens have the lowest rate of \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_use.

Half of teen deaths from motor vehicle crashes occurred between 3 p.m. and midnight and over

half occur on weekends. Newly licensed drivers are at a higher risk among teen drivers.

32. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ includes harassment, physical harm, repeatedly demeaning speech and efforts to ostracize another person. Bullying is active, and is done with the intention of bringing another person down. There are different kinds of bullying:

A. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bullying: domination by kicking, punching and other physically harmful activities, designed to instill fear or coerce the victim to do something.

B. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_bullying: using demeaning language, teasing, belittling, and using sarcasm to hurt the other person's feelings or humiliate them in front of others.

C.*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* bullying: often subtle; aimed at getting someone else to feel isolated, alone and depressed.

D. Electronic or \_\_\_\_\_\_\_\_\_\_\_\_ bullying: using instant messaging, cell phone text messages and online social networks to humiliate and embarrass others.

33. Youth themselves report that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is good for them, citing the acceptance of responsibility, development of time-management skills, overcoming shyness with adults, and handling money. Employment makes them feel more like adults. Teens entering adolescence and high school with strong academic interests and goals tend to work

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hours than those who express less interest in school and school activities. These students tend to be from higher socioeconomic backgrounds, and schedule work around school, extracurricular activities, and family events. The key to successful teen employment

appears to be a healthy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ between school, work, and family, as well as money management advice, including the importance of saving.

34. One of the most visible signs of changing cultural norms for today's adolescents has been

the movement of \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ into the mainstream. Once considered a mark of a rebel or outcast, tattoos and numerous body piercings have become very common, almost a rite of passage for teenagers.Body art has some correlation to at-risk teens. Since adolescent brain development involving judgment, decision-making, and understanding of consequences may not yet be fully developed, teens may not understand that some careers/professions would not be

suited to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ body art. It could stand in the way of some \_\_\_\_\_\_\_\_\_\_ or honors.

35. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (inserting progressively larger discs into the pinna of the ear) can cause a variety of adverse reactions, depending on body part. Tongue piercing may cause damage to teeth and gums, including dental fractures and changes in mastication and speech. Permanent nerve damage can occur with piercing of any body part, as can scarring, rejection, and possible keloid formation. The possibility for transmission of hepatitis and HIV also exists.

36. In 1992, Jean S. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ developed the 3-stage theory of ethnic development:

1. Unexamined ethnic identity – characterized by a lack of interest or exploration; general acceptance of others opinions

2. Ethnic identity search – starts to think about, research, and develop an ethnic identity, often due to a harsh or indirect event

3. Ethnic identity achievement – individuals have a clear sense of their ethnic identity, and can navigate their bicultural identity

37. Teenagers who are members of ethnic/racial minorities are the most vulnerable to cultural conflicts.

They may be ‘\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’: a widely-held but over-simplified image or idea of a particular type of person.

They may be the target of ‘\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’: a preconceived opinion or bias that is not based on reason, fact, or actual experience.

They may experience ‘\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’: unjust or prejudicial treatment of various categories of people on the grounds of ethnic background, race, age, or sex.

38. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ identity refers to ‘country of origin’, religious origin, where your ancestors lived, etc. Examples: American, Canadian, German, Irish, Chinese, Jewish, Christian, Muslim, etc.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ identity may be the same as ethnic identity, but includes definite

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: observable characteristics of an individual, such as skin color, hair type and color, eye shape, etc. Examples: Black, Caucasian, Hispanic, Asian, American Indian, etc.

Children become aware of their ethnic/racial differences, but maturing adolescents express pride in their heritage and comfort in their sense of belonging to a group. An acceptance and

appreciation of diversity and all cultural differences is the key to avoiding \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and being respectful of all people as individuals.

39. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is part of the identity ‘crisis’ of adolescence, and is a term frequently used to describe a person’s romantic, emotional or sexual attraction to another person. A person attracted to another person of the same sex is said to

have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_orientation and may be called gay (both men and women) or lesbian.

Individuals attracted to persons of the other sex are said to have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ orientation.

Individuals who are attracted to both men and women are said to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Same sex behavior has always existed; it is not a mental illness. Reasons for it are still unknown. Sexual orientation develops across a person’s lifetime.

40. “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_” is the term used to describe the experience in which a person identifies himself or herself as gay, lesbian or bisexual.

“\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” is a term that refers to the irrational fear and prejudice against homosexual persons. Hate crimes are prevalent.

41. The concepts of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ may be illustrated best by an adolescent’s appearance. The teenager is very conscious of how others view them. They believe they are on display for everyone to see. It is important that they dress and groom themselves in a manner acceptable to their peer group. In a typical week, the

average adolescent spends more than 40 hours with some form of \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_. As they are confronted with bombarded with the stylish and popular cultural icons, the adolescent struggles to establish their OWN style and identity. They revise their look to duplicate the ideal appearance they and their peer group admire. It is important to them to appear ‘up to

date’ with fashion trends or to be deliberately ‘retro’, not old-fashioned.