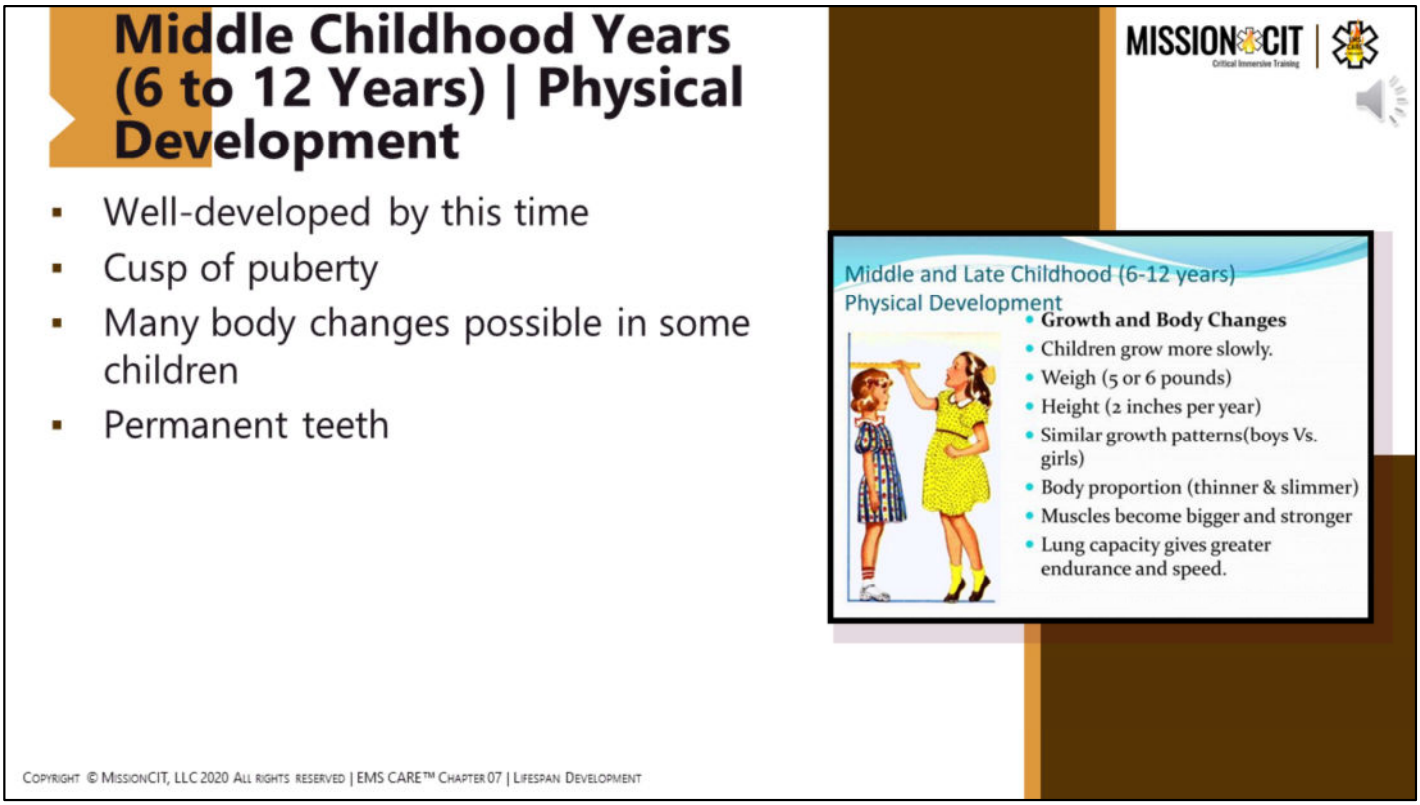


Thank you, Missah!

As an individual grows and enters into the school years, which is typically 6 to 12 years of age, physical development is relatively slower than the previous phases and picks up again during the early part of adolescent years, which is typically 12 to 18 years of age.

However, these are critical years as the adolescent years are marked by puberty and emotional and psychological changes that can have serious ramifications if not handled well.

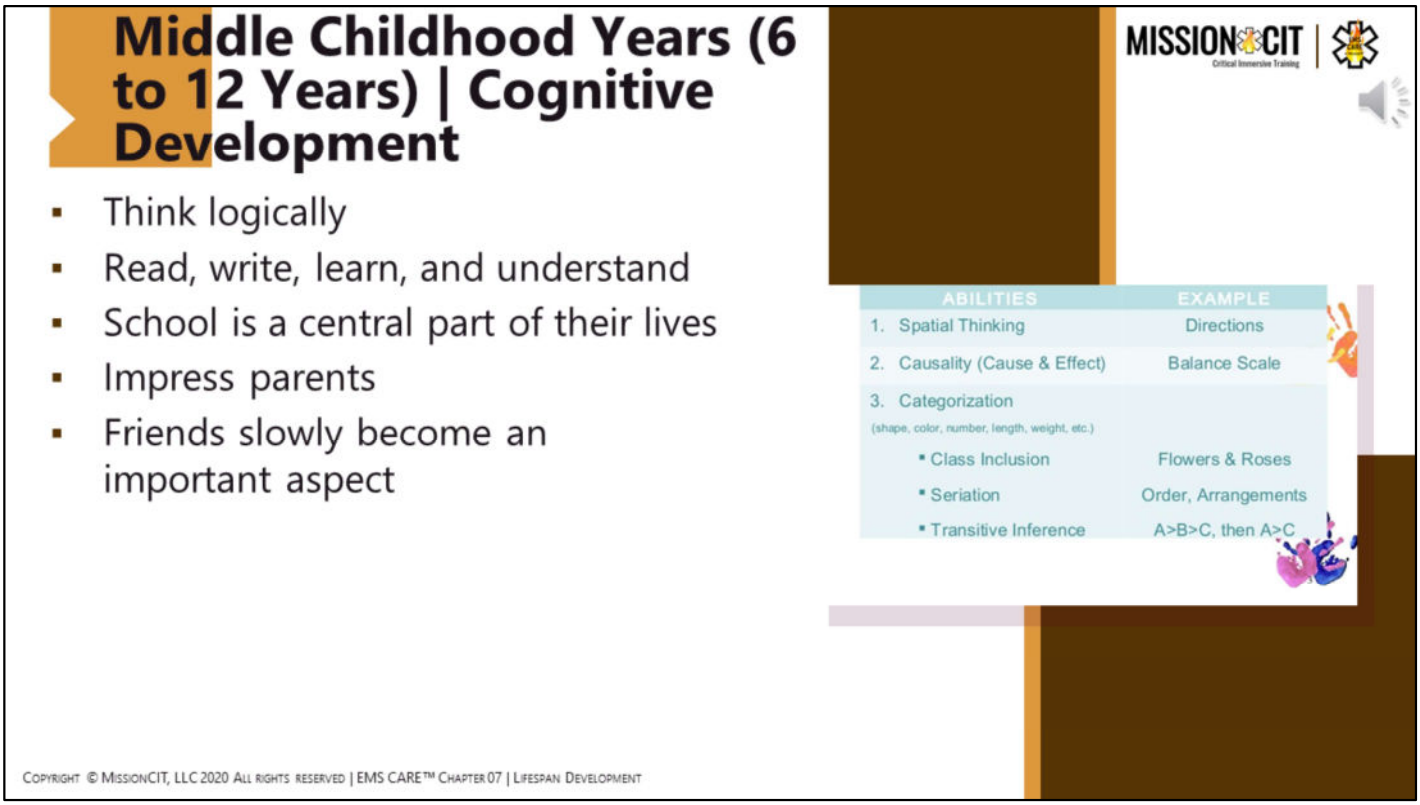
So, let's jump in and see what happens during these years.



Children by this age are well-developed physically, and many of them are on the cusp of puberty. Some of the older children of this age group may see some changes to their bodies. In particular, girls tend to have breast buds and some of them could even start menstruation.

They are strong and growing well to get ready for puberty and adulthood.

An important development is that children lose their baby teeth and permanent teeth start coming in.



By this age, children can think logically, and can read, write, learn, and understand what is taught. School becomes a central part of their lives as well.

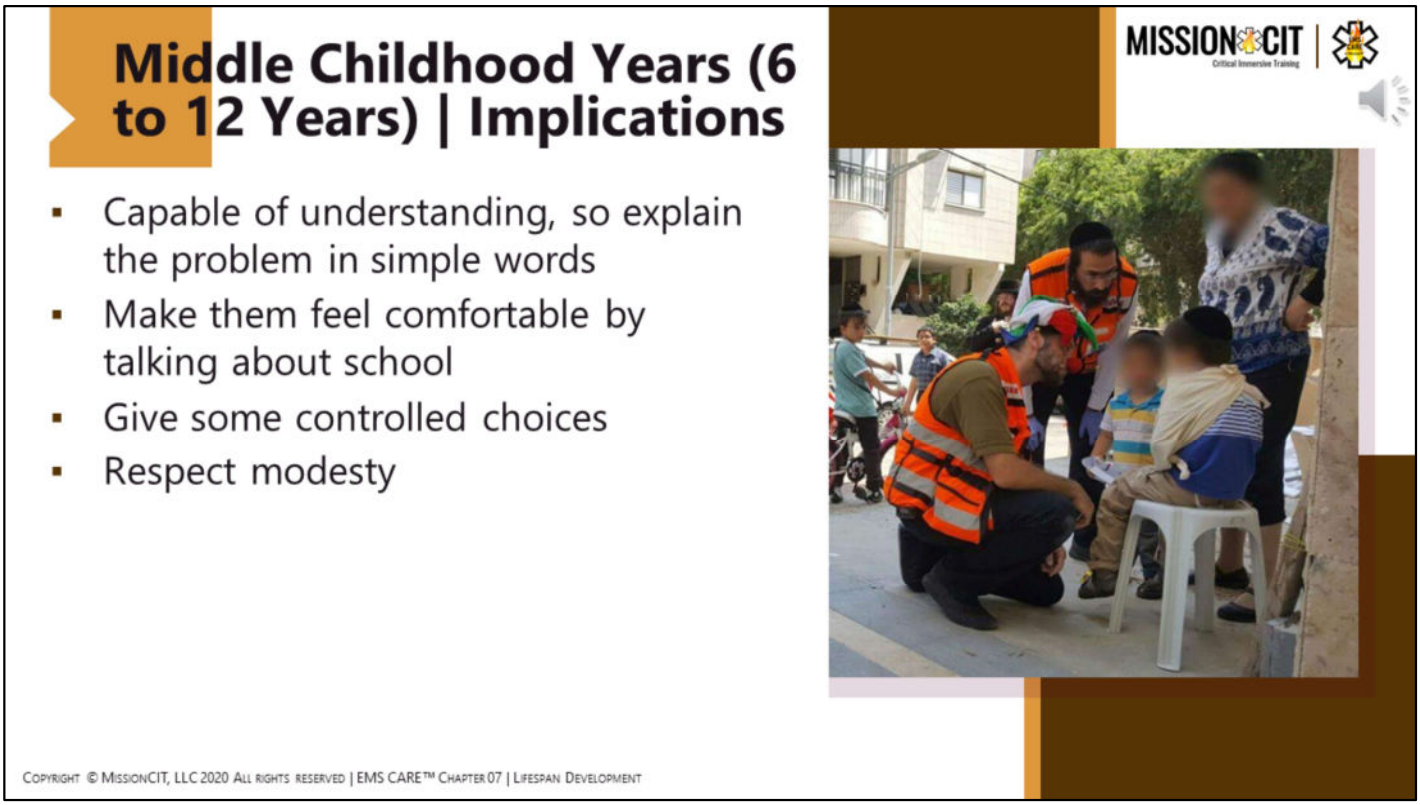
Parents are still the heroes at this age and they try to impress parents and follow the rules well. Towards 12 years, they tend to explore their independence and want to be around friends all the time.



At this age, peer pressure and the urge to be popular take precedence, and they tend to do anything to get there. Sometimes, this can border dangerous behavior as well.

They begin to get conscious of their bodies and start paying attention to their looks. In particular, children with disabilities tend to feel conscious and may require additional emotional support.

This is also when they understand complex emotions like the eventuality of death.



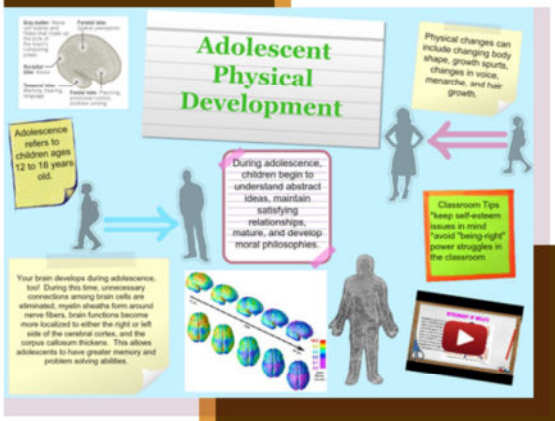
At this age, children are more than capable of understanding, so explain to them in simple words what is going on with their bodies without alarming or upsetting them. Explain the illness and the possible treatment, including the pain or any other trauma that may be associated with it. Consider asking them about school and friends to get them to feel comfortable with you, so they can be more forthcoming with their problems. Regardless of which strategy you use, get them to feel comfortable with you.

It is a good idea to give some controlled choices, so they feel empowered and in charge. This can make it easier with physical examination or any other treatment.

Respect the child's privacy and make sure you check a child in private. Cover the child right after the examination.

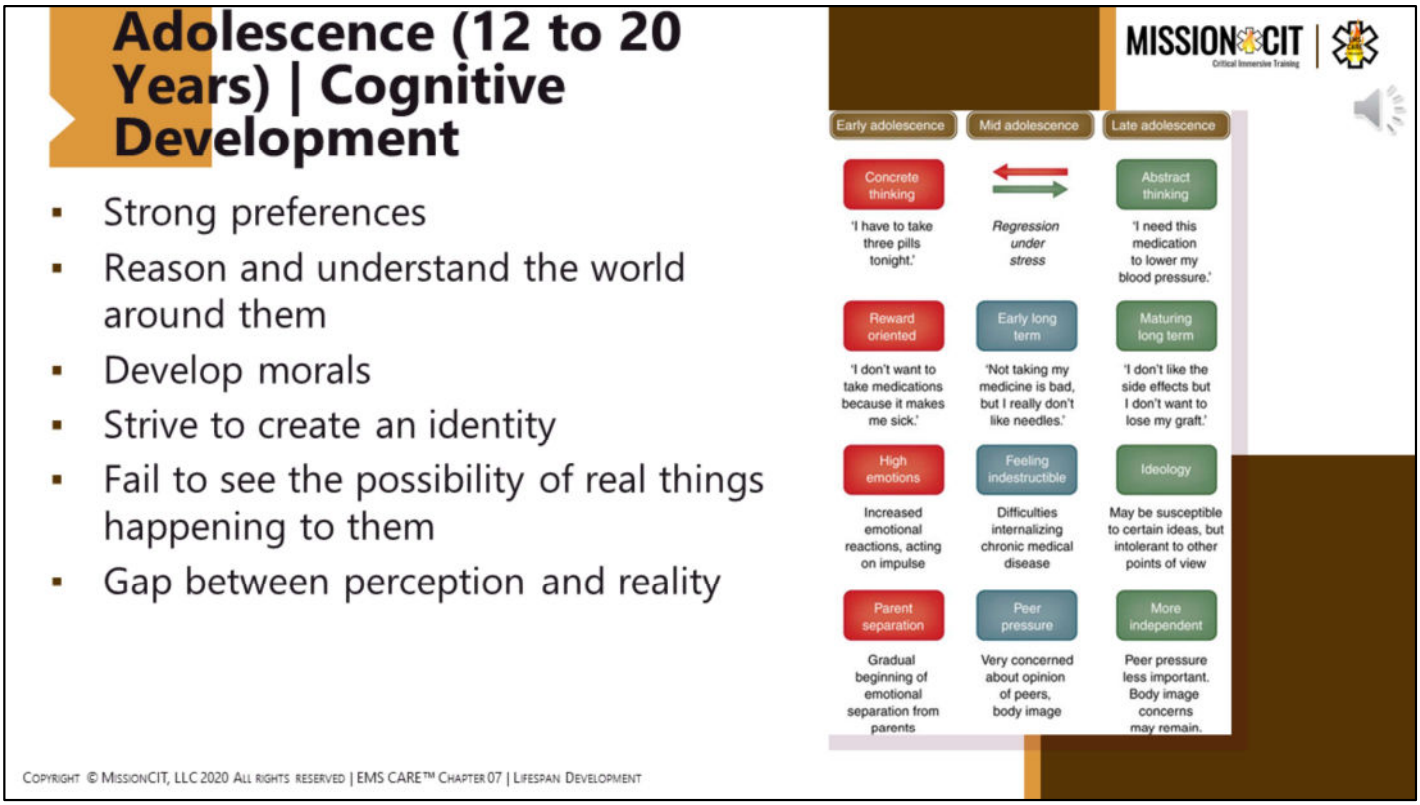
Adolescence (12 to 20 Years) | Physical Development

- Transformation into an adult
- Puberty for both boys and girls
- Many body changes



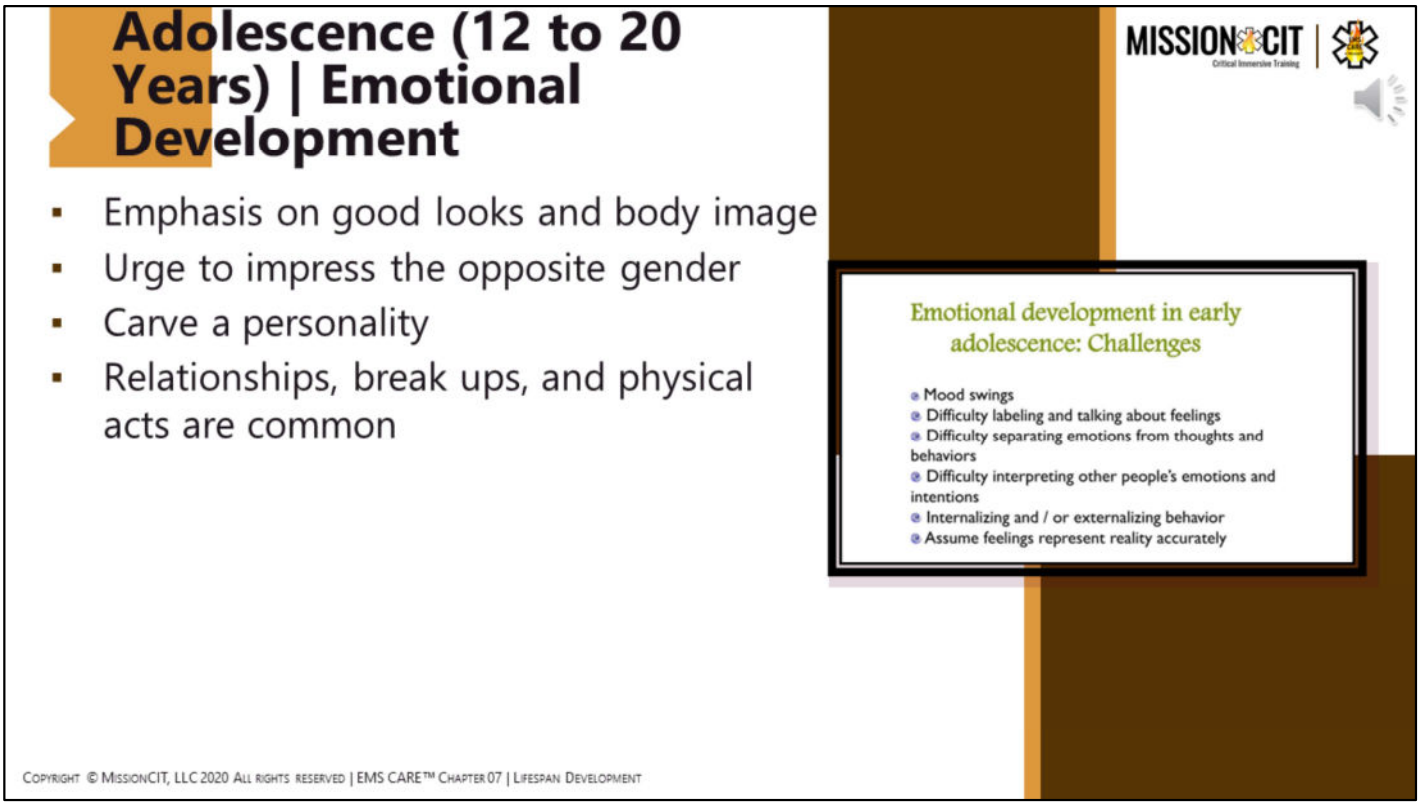
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This is the period when the child transforms into an adult. Puberty happens for both boys and girls, and a host of physical changes happen on their bodies, as they prepare to become adults.



As children transform into adults, many cognitive areas develop. They tend to get strong preferences and can reason and understand the world around them. This is also the phase when they develop morals, and create an identity for themselves.

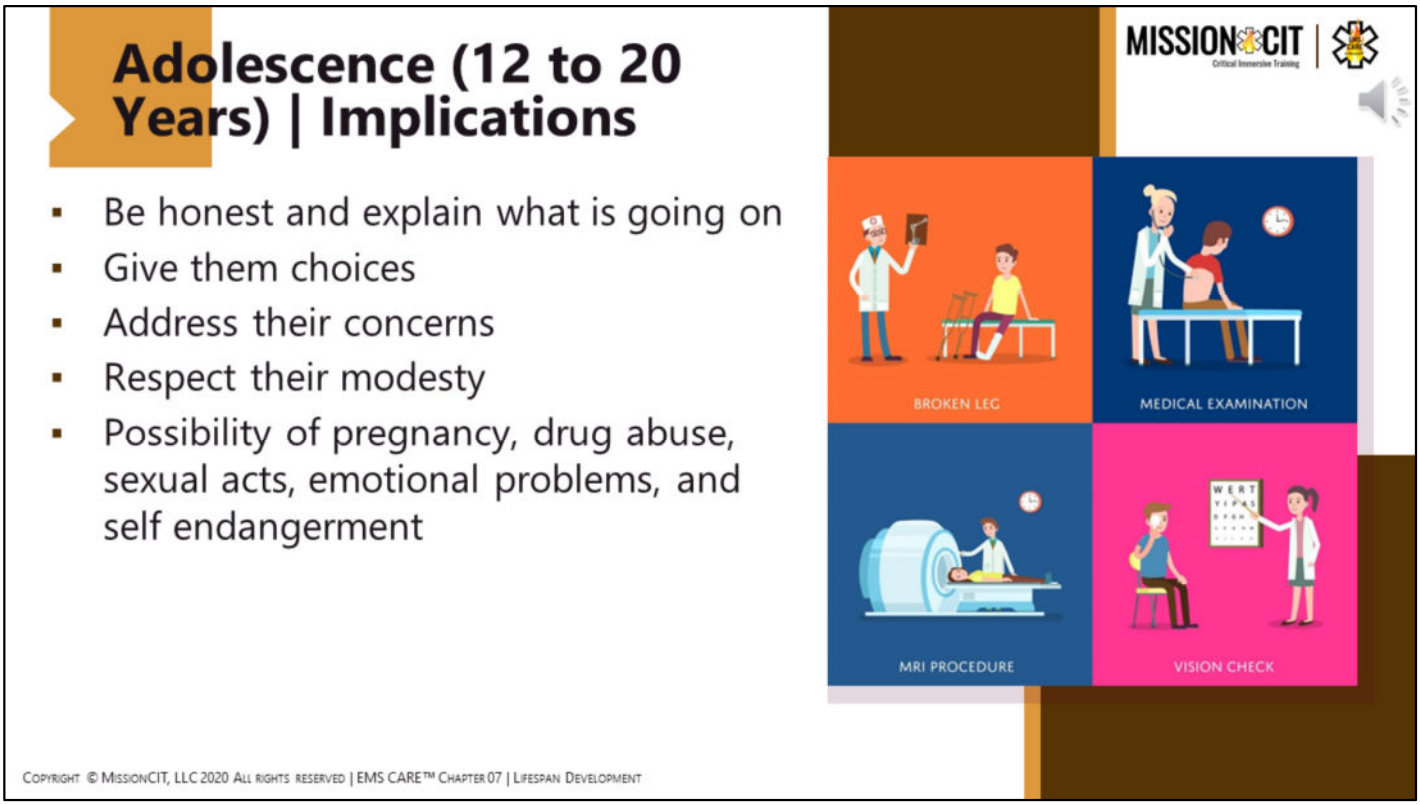
On the flip side, they believe they know everything and fail to see the possibility of real things happening to them. This creates a gap between perception and reality, so they may not be prepared for many events.



During this phase, a lot of emotional changes happen. As they go through puberty, there is a huge emphasis on looks, and adolescents tend to be conscious of their image, what they wear, and how they look. There is also a strong urge to impress the opposite gender and this has a bearing on the way they dress and behave.

Also, this is the time when they learn more about themselves and try to carve an identity and a personality for themselves.

The opposite gender plays a central role in their lives, and this is the time when they get into relationships, have break-ups, and test waters on physical relationships.



As an EMT, be honest and explain what is going on. They can understand and prepare themselves well. In fact, being honest can help you to establish a quick bond with them. Talk to them and treat them like an adult.

Give them choices when you can, so they feel empowered. In the process, answer any questions they may have and address their concerns. Reassure them if needed, without being too off from the truth.

Respect their modesty while doing a physical examination.

Overall, adolescence is a difficult time as they go through a surge of emotions, peer pressure, and emotional ups and downs. So, be sympathetic, and be open to the possibilities of drug abuse, pregnancy, sexual acts, and self-endangerment due to peer pressure and low confidence levels.



Before ending this lesson, watch this video from CDC, a leader in developing and promoting data-driven ways to make teens safer and healthier. Since 1988, the Division of Adolescent and School Health (DASH) has worked with education agencies, health agencies, youth-serving organizations, and parents to help teens adopt healthy behaviors and avoid becoming pregnant or infected with HIV or STDs. CDC looks back across three decades of progress in translating the science into programs, policies, and practices that can improve teens' lives.
In the next lesson, Missah will take you through the next phase of early adulthood.