Challenges of Adolescence
Eating Disorders

• Anorexia Nervosa
• Bulimia
Magazines

- Diet Articles in 1920’s- 0
- Diet Articles 1930’s and 1940’s- one diet article for every ten issues.
- Diet articles 1950’s and 1960’s- one diet article in every other issue
- Diet articles in 1980’s- more than one article per issue.
Anorexia Nervosa

Illness that usually occurs in teenage girls, but it can also occur in teenage boys, and adult women and men. People with anorexia are obsessed with being thin. They lose a lot of weight and are terrified of gaining weight. They believe they are fat even though they are very thin. Anorexia isn't just a problem with food or weight. It's an attempt to use food and weight to deal with emotional problems.
What are the warning signs of Anorexia?

- Deliberate self-starvation with weight loss
- Fear of gaining weight
- Refusal to eat
- Denial of hunger
- Constant exercising
- Greater amounts of hair on the body or the face
- Sensitivity to cold temperatures
- Absent or irregular periods
- Loss of scalp hair
- A self-perception of being fat when the person is really too thin
Results of Anorexia

- Death from malnutrition.
- Dangerous heart rhythms, including slow rhythms known as bradycardia, may develop. Such abnormalities can show up even in teenagers with anorexia.
- Blood flow is reduced.
- Cardiac arrest.
- Liver failure.
- The heart muscles starve, losing size.
- Stress hormones are higher.
- Dental problems.
- Bloating.
- Constipation.
- Hair loss.
- Anemia.
Bulimia

Also called bulimia nervosa, is a psychological eating disorder. Bulimia is characterized by episodes of binge-eating followed by inappropriate methods of weight control (purging). Inappropriate methods of weight control include vomiting, fasting, enemas, excessive use of laxatives and diuretics, or compulsive exercising. Excessive shape and weight concerns are also characteristics of bulimia.
Symptoms of Bulimia

- Eating uncontrollably, purging, strict dieting, fasting, vigorous exercise
- Vomiting or abusing laxatives or diuretics in an attempt to lose weight
- Vomiting blood
- Using the bathroom frequently after meals
- Preoccupation with body weight
- Depression or mood swings
- Feeling out of control
- Swollen glands in neck and face
- Heartburn, bloating, indigestion, constipation
- Irregular periods
- Dental problems
- Sore throat
- Weakness, exhaustion
- Bloodshot eyes
White Chicks
Treatment

• Treatment Programs
• Psychologists
• Counseling
• Long and difficult
Substance Abuse

Reasons some teenagers use drugs:

• Enjoyable
• Seek approval of peers
• Escape emotional stress
• Low self esteem
Leading cause of death among adolescents?

• Alcohol related incidents
Who would be more likely to use drugs? Males or Females?

- Males
- Males tend to use them in heavier doses than females
- But, when it comes to smoking, the opposite is true.
• Withdrawal from alcohol and drugs can be a physically and psychologically hard experience.

• Professional help, like treatment centers and hospitals are more qualified to help the person end their addiction.
Re. Mary Bono
Drug Prevention

- School prevention programs, ex. DARE.
- Focus on gateway drugs like cigarettes and marijuana.
- Mixed results on the effectiveness of prevention programs.
Sexuality

- About 10% of American girls between the ages of 15 and 19 become pregnant each year.
- Half of all teenage mothers quit school and go on welfare.
Juvenile Delinquency

- Refers to many illegal activities committed by children or adolescents.
- The most extreme acts of delinquency include robbery, rape, and homicide.
- These are crimes that are considered criminal acts regardless of the age of the offender.
Status Offenses

- Less serious offenses that are illegal only when they are committed by minors
- Ex. Truancy (unexcused absence from school)
- Drinking, smoking, and running away from home
Factors that contribute to juvenile delinquency are:

- Low self esteem and feeling of alienation
- Lack of affection, lax and ineffective discipline, and use of severe physical punishment in the home
- Behavior problems that began at an early age
- Poor grades and lack of educational or vocational goals
- Pressure from peers who engage in delinquent behavior
- Having a parent or sibling who has been convicted of criminal behavior
Avoiding Problems

- Clear educational and vocational goals seem to avoid problems
- Trusted adult to talk with
- Sometimes too late in getting treatment, problems already exist.