### Developmental trends

#### Physical development
- significant physical growth and body changes
- develops greater expertise/skills in sport
- changing health needs for diet, rest, exercise, hygiene and dental care
- puberty, menstruation
- sexuality and contraception
- increased need for nutritious balanced diet, including adequate calcium, protein and iron

#### Self concept
- can be pre-occupied with self
- secondary sex characteristics affect self concept, relationships with others and activities undertaken
- dealing with own sexuality and that of peers
- developing identity based on gender and culture
- becoming an adult, including opportunities and challenges

#### Social-emotional development
- empathy for others
- ability to make decisions (moral)
- values and a moral system become firmer and affect views and opinions
- spends time with peers for social and emotional needs beyond parents and family
- peer assessment influences self concept, behaviour/need to conform
- girls have ‘best friends’, boys have ‘mates’
- may explore sexuality by engaging in sexual behaviours and intimate relationships
- develops wider interests
- seeks greater autonomy personally, in decision making
- more responsible in tasks at home, school and work
- experiences emotional turmoil, strong feelings and unpredictable mood swings
- interdependent with parents and family
- conflict with family more likely through puberty
- able to negotiate and assert boundaries
- learning to give and take (reciprocity)
- focus is on the present - may take significant risks
- understands appropriate behaviour but may lack self control/insight

#### Cognitive and creative characteristics
- thinks logically, abstractly and solves problems thinking like an adult
- may take an interest in/develop opinions about community or world events
- can appreciate others’ perspectives and see a problem or situation from different angles
- career choice may be realistic, or at odds with school performance and talents

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### Possible indicators of trauma

- increased tension, irritability, reactivity and inability to relax
- accident proneness
- reduced eye contact
- sleep disturbances, nightmares
- efforts to distance from feelings of shame and humiliation
- loss of self-esteem and self-confidence
- acute psychological distress
- personality changes and changes in quality of important relationships evident
- increased self-focusing and withdrawal
- reduced capacity to feel emotions – may appear ‘numb’
- wish for revenge and action oriented responses to trauma
- partial loss of memory and ability to concentrate
- trauma flashbacks
- acute awareness of parental reactions; wish to protect parents from own distress
- sexually exploitive or aggressive interactions with younger children
- sexually promiscuous behaviour or total avoidance of sexual involvement
- running away from home

### Trauma impact

- sleep disturbances, nightmares
- hyperarousal, hypervigilance, hyperactivity
- eating disturbances or disorders
- trauma acting out, risk taking, sexualised, reckless, regressive or violent behaviour
- mood and personality changes and changes in quality of important relationships evident
- loss of, or reduced capacity to attain with carer
- loss of, or reduced capacity to manage emotional states or self soothe
- lowered self-esteem
- flight into driven activity and involvement with others or retreat from others in order to manage inner turmoil
- vulnerability to withdrawal and pessimistic world view
- flight into adulthood seen as way of escaping impact and memory of trauma (early marriage, pregnancy, dropping out of school, abandoning peer group for older set of friends)
- fear of growing up and need to stay within family orbit
- Memory for trauma includes:
  - acute awareness of and distress with intrusive imagery and memories of trauma
  - vulnerability to flash backs, episodes of recall, anniversary reactions and seasonal reminders of trauma
  - may experience acute distress encountering any reminder of trauma
  - partial loss of memory and concentration

### Parental/carer support following trauma

**Encourage parent(s)/carers to:**

- seek, accept and increase support for themselves to manage their own shock and emotions
- remain calm. Encourage younger and older adolescents to talk about traumatic event with family members
- provide opportunities for young person to spend time with friends who are supportive and meaningful
- reassure young person that strong feelings - whether of guilt, shame, embarrassment, or wish for revenge - are normal following a trauma
- help young person find activities that offer opportunities to experience mastery, control, and self-esteem
- encourage pleasurable physical activities such as sports and dancing
- monitor young person’s coping at home, school, and in peer group
- address acting-out behaviour involving aggression or self-destructive behaviour quickly and firmly with limit setting and professional help
- take signs of depression, self harm, accident proneness, recklessness, and persistent personality change seriously by seeking help
- help young person develop a sense of perspective on the impact of the traumatic event and a sense of the importance of time in recovering
- encourage delaying big decisions
- seek information/advice about young person’s developmental and educational progress
- provide the young person with frequent high protein snacks/meals during the day
- take time to recharge