



YOU SHOULD

STAY!

MODULE

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ADOLESCENCE: FROM CHILD TO ADULT

Adolescence and its developmental tasks: a developmental phase in which each adult has an important role.

According to scientific studies, sports dropout concerns more females than males: it would seem that as many as 40% of females and 20% of males abandon the sporting activity undertaken. Moreover, this fact is confirmed by any study on participation in sports by gender. Adolescents are undoubtedly in the age group most at risk. Let's try to understand the changes a teenager faces in this evolutionary stage of life.

According to contemporary psychology, adolescence is a transition period in which biological, psychological, cultural and social factors intervene, bringing many changes in teens' lives.

The main characteristic of this stage is the passage from the social status of a child to that of an adult, passing through puberty, or that universal phenomenon that marks the transition from the physiological condition of the child to that of the adult.

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DEVELOPMENTAL TASKS

Teens are called to live and deal with what in psychology is defined as developmental tasks:

- 1) Physical changes;
- 2) Sense of Identity building;
- 3) Role of the family and peer group.

All the adult figures that revolve around a teenager (parents, teachers, trainers, youth workers...) must be aware of the enormous changes that teenager experiences. Only through this consciousness can everyone work aimed at the well-being and serenity of teens and guide them in a balanced and enriching growth path.

Sports can be of great support in the developmental tasks that adolescents are faced with.

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PHYSICAL CHANGES

Physical changes: For adolescents, fair comparison with peers is essential because it allows them to nourish their relationship with their physical changes. We're not talking of comparison as competition; we are talking about the importance of seeing and understanding that you're not the only one changing: your peers are changing with you. Teens see their bodies changing and transforming into adult bodies day after day. Sports, as a physical moment, is fundamental in going through one's changes and comparing oneself with others. The lack of this confrontation can generate depression, anxiety, eating disorders, deviant, antisocial behaviour and use of drugs.

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SENSE OF IDENTITY BUILDING

In adolescence, there is a questioning of all previous achievements and a global and dynamic redefinition of one's life perspective based on the expectations that come from society. The adolescents abandon some childhood identification models and find themselves exploring, selecting, and choosing what to be and what to become based on their values and opportunities. A fundamental role is played by adults external from family and educational institutions they meet daily. These represent roles and models able to influence and inspire teens. And here is the importance of adults or young adults towards a teenager: we must identify the part of the guide in the Sports Youth Workers and attribute them the enormous responsibility they must be aware of.

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ROLE OF THE FAMILY AND THE PEER GROUP

The adolescents are facing a transition between the family (which is essential for making decisions regarding school and professional choices, future life but also a protective function in conditions of stress and discomfort) and the group of peers linked to daily social favourites (use of free time, clothing, emotional relationships, friends, etc.) Usually, the questioning of certainties linked to the family world is supported by discovering the outside world through healthy identification with the group of peers. Thanks. The similarity in age and not including the family members' network strengthens the identification and relational integration process.

