Family Influences on Adolescent Development

• Parents model various behaviors, sometimes leading children and adolescents to **imitate them**

• Many different theories and classifications of family processes

• Perhaps the best-known family model is **Baumrind’s two-dimensional system** (discussed extensively in Arnett textbook)
  - **Cultural differences** in interpreting “strict” parenting

• Another prominent theory is that of “Risky Families” (next slide)
Risky Families (Repetti, Taylor, & Seeman, 2002)

• Family childrearing environments characterized by Conflict, Aggression, Coldness, Unsupportiveness, and Neglect (memory aid: CAnCUN)

• Linked to:
  • Biological stress systems
  • Emotion processing – exposure to upsetting events at home accentuates children’s responses in laboratory (see bottom left, p. 340, & Table 2 of Repetti et al. article; also p. 511 of Ballard, Cummings, & Larkin article “…children from distressed homes show[ed] more nonverbal reactivity [e.g., facial and posture cues]… than children from nondistressed homes…”)
  • Social competence
  • Substance use and other risky behaviors
    o “Risky sexual behaviors, smoking, and substance abuse may represent adaptations to some of the negative consequences of having grown up in a risky childhood environment. ...these offspring may have more social problems than their peers, they may be more reactive to stress (particularly interpersonal stress), and they may have fewer coping strategies and sources of social support on which to draw. ... Early and promiscuous sexual behavior and substance use may help adolescents manage negative emotions and gain social acceptance in the absence of adequate emotion coping strategies or social skills...” (p. 355).

• Genes vs. environment: “Although genetic predispositions appear to account for some of the observed relations between risky family social environments and child mental health (Plomin, 1994), evidence also suggests that parenting practices have both direct and indirect effects” (Repetti et al., p. 332).

• Article suggesting 20-60% genetic influence (heritability) on temperament

• Overview of studying “nature vs. nurture” through adoption and twin studies
Parental Monitoring
(Covered on p. 393 of Arnett textbook, not in Family chapter)

• Parents keep track of where teens are, who they’re with, etc. (further information)
• Monitoring includes both parents asking and their children being willing to disclose truthfully (Kerr & Stattin; as described in Garbarino & Bedard, pp. 106-109)
• NYU video on “Monitoring and Supervision” (part of larger set on later slide)
• MIT sheet for parents on how to “Monitor and Observe” (also part of larger set on later slide)
• Previous research by Dr. Reifman and colleagues: Foundation of warm, nurturant parenting promotes teens’ willingness to disclose their whereabouts to parents (i.e., cooperating in monitoring), which reduces teens’ heavy drinking
• Came out in 2001, in aftermath of 1999 Columbine High (Colorado) shootings

• Interviewed parents of Dylan Klebold, one of the two attackers: “…we can assert without a doubt that they are good parents – attentive, involved, and loving. Yet Dylan still developed a bizarre rage against humanity…” (p. 8)

• Many challenges to parents.
  o Some around for 100 years, such as alcohol and other drugs, premarital sex, non-intact families (pp. 10-11)
  o Others are newer, such as the Internet and TV, seemingly more coarse and violent (pp. 16-17)

• “Parent’s Toolbox” (10 tips, pp. 30-47)

• Teens’ “Secret Lives” (pp. 101-105); see next slide

Garbarino offers parenting advice in 2014 video
Teenagers’ “Secret Lives”  
(Garbarino & Bedard, 2001)

Percent of College Students from an Elite University Who Had Engaged in Various Types of “Dangerous/Troubling” Behavior During High School, and Percent of Time Parents Did Not Know About It

<table>
<thead>
<tr>
<th>Behavior</th>
<th>% of Students Engaging in Behavior</th>
<th>(Among Students Doing Behavior) % of Time Parents Didn’t Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stolen from Parents</td>
<td>18</td>
<td>65</td>
</tr>
<tr>
<td>Arrested or Detained</td>
<td>14</td>
<td>27</td>
</tr>
<tr>
<td>Went to Websites Prohibited to Minors (When Too Young)</td>
<td>48</td>
<td>85</td>
</tr>
<tr>
<td>Driving Under the Influence</td>
<td>23</td>
<td>94</td>
</tr>
<tr>
<td>Used Hard Drugs</td>
<td>11</td>
<td>92</td>
</tr>
<tr>
<td>Considered Suicide</td>
<td>25</td>
<td>87</td>
</tr>
</tbody>
</table>

Conclusion: “...even in families where conditions were good for maintaining a healthy level of supervision of teens, teens still managed to keep dramatic events in their lives from ever reaching their parents’ consciousness” (p. 102)


VIDEO (2013) of Garbarino reflecting back on Secret Lives study
Additional Parenting Resources

- NYU [Center for Latino Adolescent and Family Health](http://example.com) (videos at bottom of webpage)
- “Five Basics of Parenting Adolescents” (MIT)
- “Time with Parents Key for Adolescents”
- *The Adolescent Brain: What Adults Need to Know and Do* ([video](http://example.com))
- “Why Teenagers Become ‘Allergic’ to Their Parents” (*New York Times*)
Sibling Relationships in Adolescence

- One **sibling** who (humorously at least) feels he is in his **brother**’s shadow, from special weekend during baseball season, when players get to wear colorful jerseys with their **nicknames** on the back. (My **favorite** nickname jersey.)
- Siblings are who we fight most with (Arnett, p. 193)
- Study of adolescent sibling relationships – Rachel Engler Jordan **Ph.D. dissertation** (TTU)
  - Many findings show long-term (five-year) impacts between sibling relationship quality and psychological well-being
  - “reports of higher Self-Esteem at [average age 17] were associated with greater Sibling Closeness at [average age 22] and reports of higher Depression at [average age 17] were associated with less Sibling Closeness at [average age 22]” (pp. 153-154)
  - “greater Sibling Fighting at [average age 17] was associated with greater Depression at [average age 22]” (p. 154)
  - “feelings of love for a sibling do not predict later well-being” (p. 155)
- Study of how **siblings’ support helps adolescents maintain academic commitment** (Christina Rogers, who will be joining our HDFS faculty in Fall 2019)
  - “…findings suggest that having a brother, compared to a sister, during adolescence strengthens the link between supportive sibling relationships and greater school commitment at a time when school commitment generally declines…”