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In 2013, only 27.1 % of adolescents (age 10-19) met the daily physical activity (PA) recommendations of 60 minutes of PA a day.¹ Inactivity is highly prevalent among youth and especially prevalent among adolescents. This inactivity can have harmful and costly, immediate and long-term repercussions on physical, mental, and social health.²⁻⁸ Health

behaviors throughout childhood, including PA, are predictive of health behaviors throughout adulthood.⁹ Girls experience the steepest decline in PA in early adolescence compared to boys and any other age group, which positions them on a lifelong trajectory of inactivity and increased risk for disease.^{2 4} Among early adolescent girls, those of a minority race/ethnicity, low socioeconomic status, and who are overweight experience even greater declines in PA and are the least active of their age group.¹⁰⁻¹² Enjoyment for PA (i.e., positive feelings toward PA) is a critical determinant of PA among girls during adolescence and sustained PA throughout adulthood.¹³⁻¹⁵ However, studies have not yet examined the role of PA enjoyment in models of the effects of social (e.g., friend and familial social support) and physical (e.g., neighborhood characteristics) environments on the PA of early adolescent girls (Aim 1), and how these pathways may differ by race, socioeconomic status, and body fat percentage (Aim 2). This study tests these aims through secondary data analysis of the Trial of Activity for Adolescent Girls, a diverse, national dataset of 1,721 early adolescent girls.^{16 17} Accompanied by other studies on PA enjoyment and PA, the findings of this study can inform strategies and programs for increasing PA enjoyment and PA among adolescent girls. Fostering social support from friends may be a priority strategy for PA promotion among girls who are Non-Hispanic White. Building a supportive neighborhood environment and training teachers on how to facilitate a supportive school environment may be key factors for promoting PA enjoyment among sub-groups of girls at the highest risk for inactivity (e.g., Hispanic, non-Hispanic black, low SES, or above average body fat percentage). Longitudinal research that examines the full causal model of pathways to PA enjoyment and PA by sub-groups of early adolescent girls is needed. Adolescent girls are filled with passion, excitement, joy, critique, wit, and energy, even as they face and overcome a wide variety of difficult challenges. Some challenges are spirit- and even life-threatening. The stories of more than twenty adolescent girls are put into dialogue with the Apostle Paul, especially in Rom 6-8. Through that perhaps unlikely pairing, those who love and work with adolescent girls will find a depth of understanding and a call to action. Christian educators, pastors, youth workers, parents, and adolescent girls will find a new way to look at the world around them and a new way to bring Scripture to bear on real-life experience. By offering this powerful, scripturally-grounded approach to the world around us, adolescent girls and others will learn compelling methods for putting a new perspective into action in their personal lives, social circles, and churches. This thoughtful and respectful look at the lives of adolescent girls seeks to equip faithful Christians in the church to use their

prophetic voices to call out the sins of racism, sexism, homophobia, and sizeism in the experiences of these strong and resilient girls. While young children's rights have received considerable attention and have accordingly advanced over the past two decades, the rights of adolescents have been neglected. This manifests itself in pervasive gender-based violence, widespread youth disaffection and unemployment, concerning levels of self-abuse, violence and antisocial engagement, and serious mental and physical health deficits. The cost of inaction on these issues is likely to be dramatic in terms of human suffering, lost social and economic opportunities, and threats to global peace and security. Across the range of disciplines that make up contemporary human rights, from law and social advocacy to global health, history, economics, sociology, politics, and psychology, it is time, the contributors of this volume contend, for adolescent rights to occupy a coherent place of their own. Human Rights and Adolescence presents a multifaceted inquiry into the global circumstances of adolescents, focusing on the human rights challenges and socioeconomic obstacles young adults face. Contributors use new research to advance feasible solutions and timely recommendations for a wide range of issues spanning all continents, from relevant international legal norms to neuropsychological adolescent brain development, gender discrimination in Indian education to Colombian child soldier recruitment, stigmatization of Roma youth in Europe to economic disempowerment of Middle Eastern and South African adolescents. Taken together, the research emphasizes the importance of dedicated attention to adolescence as a distinctive and critical phase of development between childhood and adulthood and outlines the task of building on the potential of adolescents while providing support for the challenges they experience. Contributors: Theresa S. Betancourt, Jacqueline Bhabha, Krishna Bose, Neera Burra, Malcolm Bush, Jocelyn DeJong, Elizabeth Gibbons, Katrina Hann, Mary Kavar, Orla Kelly, David Mark, Margareta Matache, Clea McNeely, Glaudine Mtshali, Katie Naeve, Elizabeth A. Newnham, Victor Pineda, Irene Rizzini, Elena Rozzi, Christian Salazar Volkmann, Shantha Sinha, Laurence Steinberg, Kerry Thompson, Jean Zermatten, Moses Zombo. The personal and intimate stories of three at-risk female students are told in the form of written portraits. Each portrait was carefully painted with the aesthetic quality of an artist along with the detailed rigor of scientific data analysis. Each portrayal reveals the internal and external struggles that these young women face today in our society. Numerous hours were spent with these girls, their parents, teachers, counselors, and friends in order to find out what caused these seemingly compliant students to turn into chronically truant, drug abused, sexually active,

and delinquent youths. Their compelling stories tell about the victimization and betrayal by their families, schools, and society. These portrayals challenge the reader to come to "know" each girl with compassion and understanding in order to find ways to provide care and support for others like them within one's own community. Peer pressure. Dating. Drugs. Diet pills. Cliques. Raising adolescent girls in today's world is quite a challenge. The Everything® Guide to Raising Adolescent Girls assists parents through the most difficult years in their child's life. With The Everything® Guide to Raising Adolescent Girls, parents have the tools, knowledge, and know-how to raise girls (ages 13-18) who will grow up to become secure, confident women. AUTHOR: Rebecca Rutledge, Ph.D. (Memphis, TN), is a parenting expert and board-certified psychologist who specializes in family therapy and individual therapy for children and adolescents. She is the author of The Everything® Parent's Guide to Children with Depression and The Everything® Health Guide to Depression. She has experience as a court-appointed psychologist, and has maintained columns for several psychology publications including Your Health, Memphis Women's Journal, and the Shelby Sun Times. This book equips school psychologists and other mental health professionals with a comprehensive understanding of mental health and well-being in adolescent girls. The text places adolescent girls in a developmental and social-cultural context and outlines factors that can shape girls' well-being including family, peers, and media. Chapters discuss trajectories that might result in mental distress and dysfunction in adolescent girls and identify pathways to their optimal development. Additionally, the book reviews the domains of well-being including physical health and habits, emotional well-being, healthy relationships, and identity and agency. Each chapter includes theory-informed and empirically supported interventions to help promote girls' positive physical and socio-emotional development and culminates in a list of further recommended resources for the reader. Well-Being in Adolescent Girls is a valuable resource for school psychologists, counselors, and other mental health professionals working with adolescents along with those in graduate-level courses in school psychology and school counseling programs. The study of and interest in adolescence in the field of psychology and related fields continues to grow, necessitating an expanded revision of this seminal work. This multidisciplinary handbook, edited by the premier scholars in the field, Richard Lerner and Laurence Steinberg, and with contributions from the leading researchers, reflects the latest empirical work and growth in the field. Theme: Sexual and Reproductive Health Rights Title: Exploring preferences, challenges and barriers to contraceptive access and use for adolescents in Malawi Lack of access and use of contraceptives by adolescent girls in Malawi significantly limits their power and impacts their health and well-being. The percentage of adolescent girls aged 15-19 years who have begun childbearing in Malawi was estimated at 29% in the 2015-2016 DHS. 22 percent of married women and 52 percent of unmarried, sexually active women ages 15-19 were reported to have an unmet

need for family planning . Adolescent researchers (18-24) and VillageReach staff undertook a youth focused qualitative research project to further explore the unique experiences, preferences and challenges that adolescent girls and boys face in accessing or using contraceptives in the country. The one year study targeted married and unmarried adolescents (15-19) from rural and urban areas in Malawi; primarily working in 3 districts, each representing one of the 3 major regions of Malawi . The Adolescent researchers took a central role in administering the multiple data collection approaches used: Arts based focus group discussions, WhatsApp Focus Group Discussions and Human Centered Design workshops. Atlas Ti was used for data analysis. Approximately 503 adolescents were engaged in the study. Significant challenges and barriers included: Traditional beliefs and a lack of privacy in public hospitals. For adolescent girls in particular, side effects from contraceptive use, shyness, fear of being judged by community members (including family members and friends) and partner refusal were prominent barriers to contraceptive access. Results further showed the preference for options with little to no side effects, options that could be used discreetly and the need for more male options as a call for more equity to the responsibility of using contraceptives. Partnering with adolescent researchers enhanced the engagement with study participants and enhanced their capacity in advocating for younger girls. If we want to ensure equality for girls, we must advocate for: Privacy in public hospitals/clinics, the role of boys in supporting the use of contraceptives and further engagement with people living within their communities on the relevance of adolescents accessing or using contraceptives to mitigate the existing stereotypes and build a supportive environment. (342). Presents a collection of essays that focus on teenage girls' Internet use. Instant Identity: Adolescent Girls and the World of Instant Messaging explains how girls use instant messaging - a primary mode of new media communication for their generation - in order to flirt, bond, fight, and generally relate to peers in ways that both transcend and play into their culture's dominant gender norms. Examining IM conversations and interviews with the girls, Shayla Thiel Stern demonstrates exactly how girls use IM to construct identity and negotiate sexuality, as they constantly move between childhood and adulthood in their language and actions online. This book is among the first of its kind to truly explore the millennial generation's prevalent use of instant messaging and its implications for the future. In movies and magazines, in music and advice columns, girls are portrayed as the object or the victim of someone else's desire-but virtually never as someone with acceptable sexual feelings of her own. What teenage girls make of these contradictory messages, and what they make of their awakening sexuality, emerges for the first time in frank and complex fashion in Deborah Tolman's Dilemmas of Desire. This one-of-a kind book challenges the current thinking about black girls to show how America has failed them—and what can be done to make their lives better. • Provides the first research work on this topic • Covers health (physical, mental, and

sexual), education, crime/criminal justice, and parenting as they affect black teen girls and adolescents • Features contributors from a broad range of fields, including psychology, biology, criminal justice, sociology, spirituality, law, medicine, and popular culture • Examines characteristics of at-risk girls and the lure of the "bad girl" image • Clarifies what parents/mentors and others can do to help these girls and teens live happy, healthy, more rewarding lives This book examines the ethnic, gendered, and embodied 'hybrid' identities of 'half-Japanese' girls in Japan, colourfully narrated through their own voices. The girls struggle to positively construct their identities into positions of control over disempowering discourses of 'otherness', while also celebrating cultural capital as they negotiate their constructed identities of 'Japaneseness', 'whiteness' and 'halfness/doubleness'. This note summarizes available research on the impact of schooling and employment of adolescent girls and young women on earnings and poverty reduction, demographic outcomes, child development outcomes, and female empowerment. It identifies key implications of this research for the formulation of public policy. Examines a specially designed intervention focused on enhancing the self-esteem of gifted adolescent girls.

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