



Teenage Dating in the Wake of the Internet Tsunami

The Nature of Intimate Relationships During Adolescence

James G. Wellborn, Ph.D.

Bona Fides

Ph.D. in Clinical Psychology (Child and Adolescent)

Private Practice in Adolescent and Family Therapy (20+ years)

Therapeutic Traditions

- **Systems Theory**
- **Solution Oriented/Problem Focused**
- **Cognitive Behavioral**
- **Motivation**
- **Positive Psychology**

Raising Teens in the 21st Century

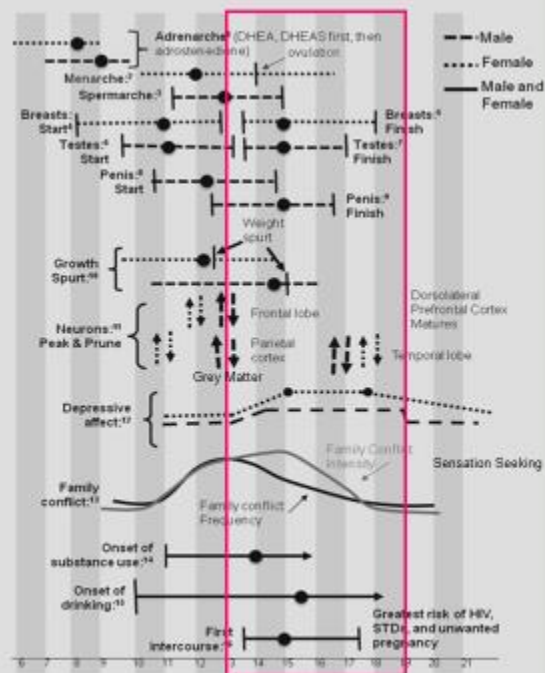
www.drjameswellborn.com

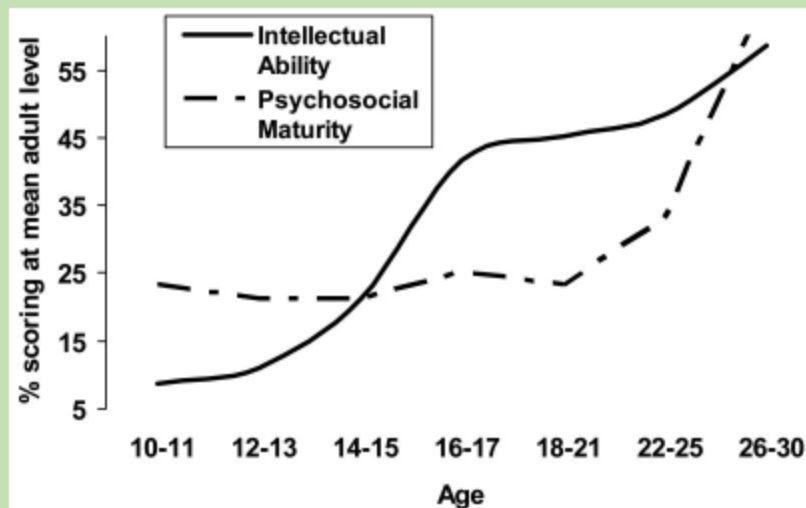
www.jamesgwellbornphd.com

Session Goals

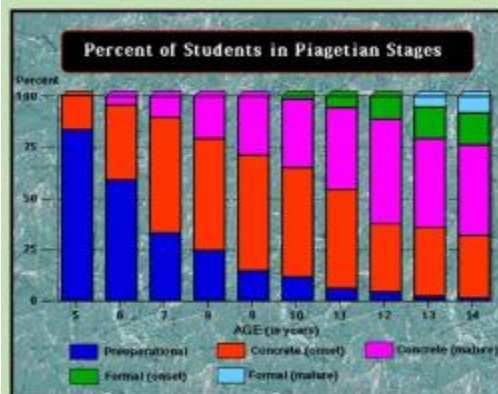
1. *Participants will have a familiarity with theoretical models of adolescent intimate, romantic relationships*
2. *Participants will gain an understanding of the effects of social media and the internet on adolescent concepts of dating and intimacy*
3. *Participants will be aware of some of the differences in adolescent intimate relationships associated with race, gender and sexual preference*
4. *Participants will be able to apply this understanding of adolescent intimate romantic relationships to clinical work with adolescents*

What's Normal?

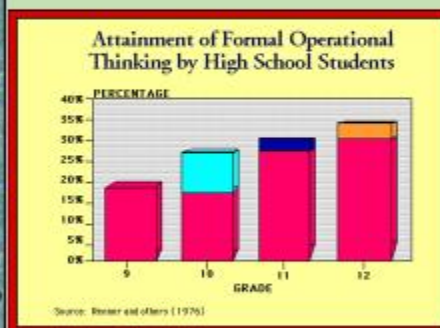




Psychosocial maturity=impulsivity, risk perception, sensation-seeking, future orientation, and resistance to peer influence



Reimer, Stafford, Lawson, McKinnon, Frost & Kellogg, 1976



Source: Boser and others (1976)

Holt and Hummel (January 1996)

Gender Traits

Guys

- Instrumental
- Competition
- Dominance
- Territoriality
- Toughness
- Individuality/Independence

Girls

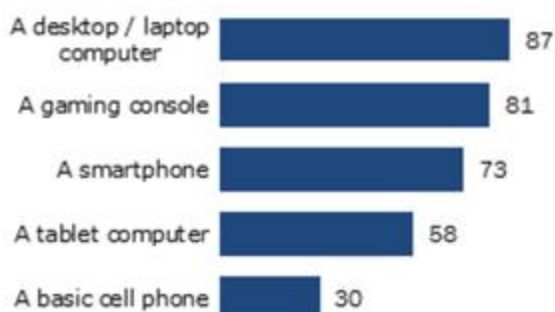
- Expressive
- Group cohesion
- Cooperation
- Mutual support
- Intimacy

<http://www.sagepub.com/en-us/nam/press/how-have-gender-stereotypes-changed-in-the-last-30-years>

Internet

Teens' Phone, Computer & Console Access

% of all teens who have or have access to the following:

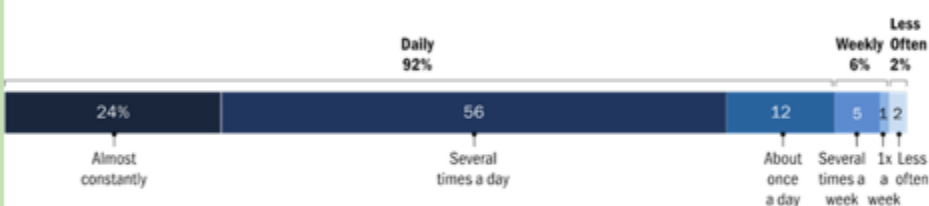


Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and Feb. 10-Mar. 16, 2015 (n=1,060 teens ages 13 to 17).

PEW RESEARCH CENTER

Frequency of Internet Use by Teens

% of teens ages 13 to 17 who use the internet with the following frequencies



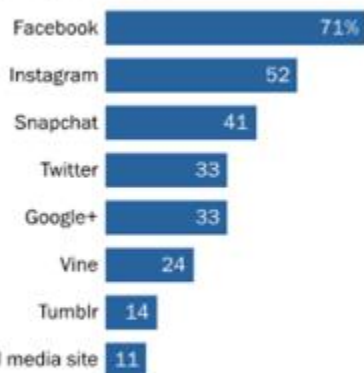
Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and Feb. 10-Mar. 16, 2015. (n=1,016 teens ages 13 to 17).

PEW RESEARCH CENTER



Facebook, Instagram and Snapchat Top Social Media Platforms for Teens

% of all teens 13 to 17 who use ...

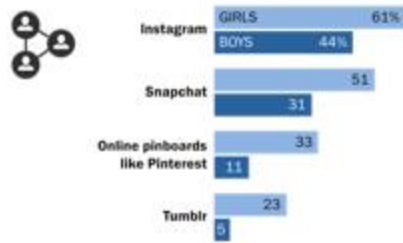


Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and Feb. 10-Mar. 16, 2015. (n=1,060 teens ages 13 to 17).

PEW RESEARCH CENTER

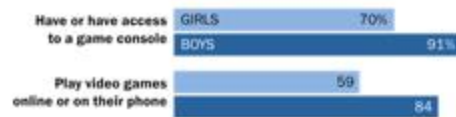
Girls Dominate Visually-Oriented Social Media Platforms

Percent of girls and boys who use ...



Boys Are More Likely to Play Video Games

Percent of girls and boys who ...



Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and Feb. 10-Mar. 16, 2015. (n=1,060 teens ages 13 to 17).

PEW RESEARCH CENTER



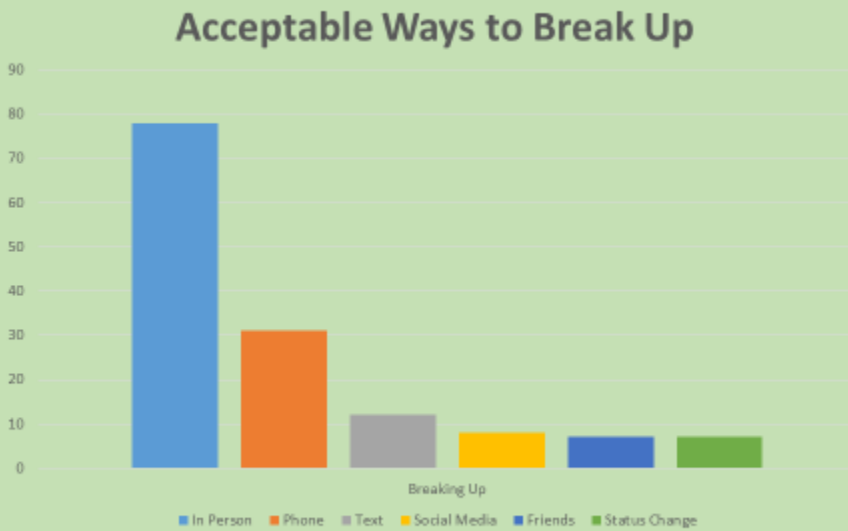
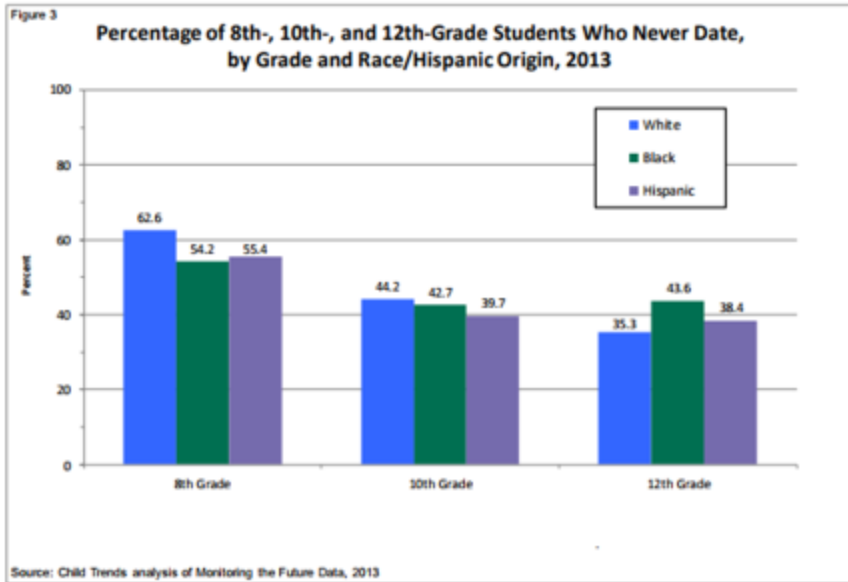
Dating



and The American Teenager

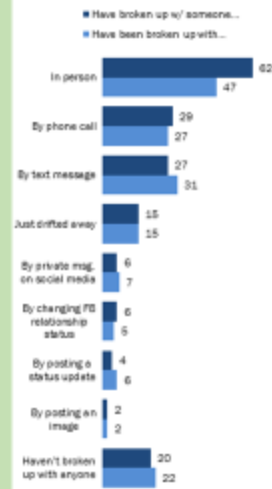
Developmental Stages of Teenage Dating

- Same Gender Groups
- Mixed Gender Groups
- Pairing up in Mixed Gender Groups
- 1-on-1 Dating



Despite Being Much Less 'Acceptable,' Breaking Up by Text Message Is as Common as Breaking Up by Voice Call

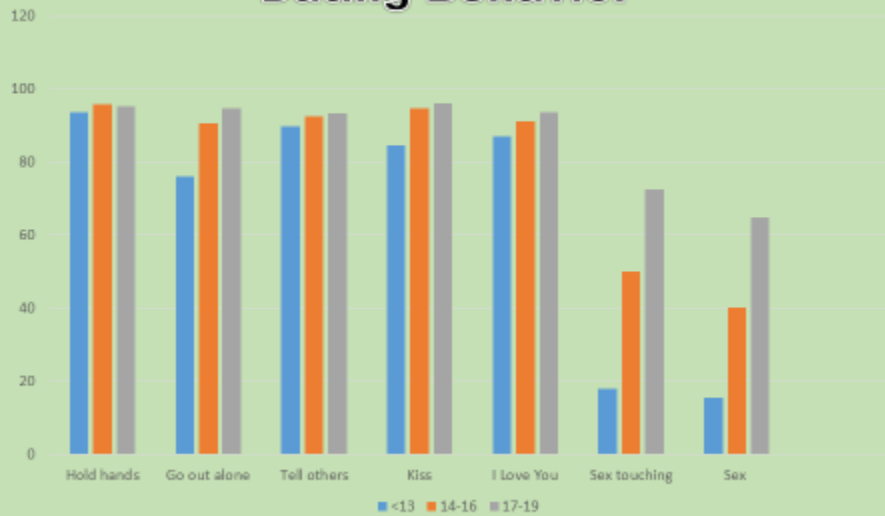
% of teens with current or prior romantic experience who have broken up with someone or been broken up with in the following ways



Source: Pew Research Center Teens Relationship Survey, Sept. 29-Oct. 8, 2014, and Feb. 10-March 26, 2015 (n=381 teens ages 13 to 17 who have any dating experience).

PEW RESEARCH CENTER

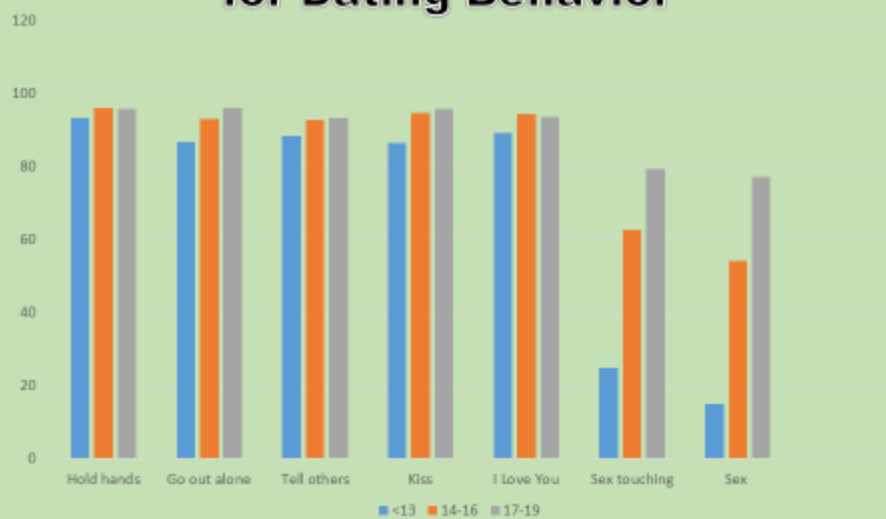
Adolescent Desire for Dating Behavior



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4674348/>

s=18,392

Sexual Minority Adolescent Desire for Dating Behavior



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4674348/>

s=453

Selected References

Furman, W., Brown, B. Bradford & Feiring, Candice (Eds.) (1999) *The Development of Romantic Relationships in Adolescence*. New York, NY: Cambridge University Press.

Young, Brennan J., Furman, W. & Laursen, B. (2011) Models of Change and Continuity in Romantic Experiences. In *Romantic Relationships in Emerging Adulthood*. F. D. Fincham & M. Cui, (Eds). pp.44-66. New York, NY: Cambridge University Press.

Furman, W. & Collibee, C. (2014) A matter of timing: Developmental theories of romantic involvement and psychosocial adjustment. In *Development and Psychopathology* 26(4pt1). pp. 1-12

Heistand, Todd C. & Weins, W. Jesse. (2014) *Sexting and Youth: A multidisciplinary examination of research, theory and law*. Durham, North Carolina: Carolina Academic Press.

Ornstein, P. (2016) *Girls and Sex: Navigating the Complicated New Landscape*. New York: Harper Collins.

Giordano, Peggy C., manning, Wendy D., Longmore, Monica A. & Flanigan, Christine M. (2009) Developmental shifts in the character of romantic and sexual relationships from adolescence to young adulthood. Bowling Green, KY: National Center for Marriage and Family Research.

Kerpelman, Jennifer L. 2007. Youth focused relationships and marriage education. *The Forum for Family and Consumer Issues*, 12 (1).

Collins, W. Andrew, Welsh, Deborah P. & Furman, Wyndol. Adolescent Romantic Relationships. *Annu. Rev. Psychol.* 2009. 60:631–52

Giordano, Peggy C., Longmore, Monica A. & Manning, Wendy D. 2006. Gender and the Meanings of Adolescent Romantic Relationships: A focus on boys. *American Sociological Review*, 71(2), pp 260-287

Giordano, Peggy C., Wendy D. Manning, and Monica A. Longmore. 2005. "The Romantic Relationships of African American and White Adolescents." *Sociological Quarterly* 46:545-568.

Smiler, A. P. "I wanted to get to know her better": adolescent boys' dating motives, masculinity ideology, and sexual behavior. [J Adolesc.](#) 2008 Feb;31(1):17-32. Epub 2007 May 29

Choukas-Bradley, S., Goldberg, S., Widman, L., Reese, B. & Halpern, C. Demographic and Developmental Differences in the Content and Sequence of Adolescents' Ideal Romantic Relationship Behaviors <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4674348/>

Booth, A., Crouter, A. C. & Snyder, A. (Eds) *Romance and Sex in Adolescence and Emerging Adulthood: Risks and Opportunities.*