

Childhood and Youth/Introduction

Fundamental differences exist between girls and boys in areas such as physiology, hormones, development and the use of the health care system. Although enormously relevant, these differences have often been ignored in both theory and practice. In recent years, the focus on health-related differences between boys and girls has grown and new findings are becoming widely available. ^[1]

Biological development

Research has indicated that brain development of boys and girls already differs in the prenatal period and that biological sex-related factors therefore have an enormous influence. Nevertheless, brain development is significantly influenced and shaped by learning processes during upbringing. Thus, the possibility cannot be excluded that gender stereotypical treatment of children influences brain development to such an extent that differences in brain development in a sex-dependent manner can arise. ^[2]

Physical complaints

Physical symptoms are the main reason for consulting a female physician, especially in girls. Health problems include tension headaches, migraines, stomach problems, constipation and exhaustion. The perception of their children's health worsens as children grow older: In 96 percent of those under 12 years of age, parents or caregivers rate the child's health as good, 92 percent of those aged 12 to 18 (adolescents) and 90 percent of those aged 18 to 25 (young adults) report good health. Girls rate their health slightly less positively than boys, although this difference increases with age. ^[3]

Psychosocial problems

According to a Dutch study, young people are generally happy ^[4], although primary school pupils are on average happier than secondary school pupils. During adolescence more girls than boys are unhappy. ref]HH HR, SA M. Gezond opgroeien: Verkenning jeugdgezondheid: Rijksinstituut voor Volksgezondheid en Milieu RIVM; 2014.</ref> Behavioral problems manifest themselves differently in boys than in girls. Boys are more likely to behave in a destructive way towards their environment: they are more impulsive and more vocal. Girls tend to direct their problems primarily against themselves. They become more frequently depressed, develop eating disorders or show self-harming behavior. Girls with mental health problems are more likely to seek professional help (usually from their family physician) than boys with mental health problems. ^[5]

You can find the complete article on ADHS **here**.

Literature

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