

Adolescent Development

	Tweens to Late Adolescence	Adulthood	
PHYSICAL	<p>Over the next 6 to 8 years:</p> <ul style="list-style-type: none"> • Develops reproductive organs • Has changes to body, voice, body hair & sweat glands • Builds muscles 	<ul style="list-style-type: none"> • Develops strength • Gets taller, develops • Grows from awkward “tween” to attractive young person if healthy 	Reaches physical maturity
COGNITIVE	<p>Slowly becomes:</p> <ul style="list-style-type: none"> • More self-conscious • More observing • Able to (and does) compare self to others • Is more contemplative 	<ul style="list-style-type: none"> • Able to reflect more • Develops abstract thought • Explores his/her values, beliefs, theories • Begins to understand cause and effect 	Develops identity, is emotionally more mature, understands cause & effect
SOCIAL/EMOTIONAL	<p>Over time:</p> <ul style="list-style-type: none"> • Develops emotional self-efficacy (ability to identify emotions & to express them in a positive & effective manner) • Forms individual identity (first emerges; then evolves); • Questions & explores values • Shifts away from family • Connects to other kids 	<ul style="list-style-type: none"> • Engages in peer/groups • Grows in emotional maturity • Develops intimate relationships • Improves relationship to adults (parents last); • Becomes more egalitarian • Shoulders more responsibility • May build long-term commitments by late adolescence 	Creates mutually beneficial social networks with bosses, co-workers, acquaintances. Is able to form long-term healthy intimate relationship
EVENT HIGHLIGHTS	<ul style="list-style-type: none"> • Rigid conformity to peer culture • Develops talent or skills in sports, arts, other activities • Connects to mentor/coach • Learns public transportation; travels on bike or skateboard to create distance with home • Eligible for driver’s permit & license 	<ul style="list-style-type: none"> • School events (dances, sports events, competitions) • First romance/dating • First job • Senior prom • Graduation from high or trade school • Moves away from home, goes to college, or joins service 	Re-connects to family & strengthens ties again
OBSTACLES TO GROWTH	<ul style="list-style-type: none"> • Struggles to fit in • Conforming to peer pressure • Style, choices, values, may baffle parents (especially when rejects family values) • Struggles to form own identity may come up against rigid family or cultural belief systems • Risky behaviors such as using cigarettes, alcohol, & drugs 	<ul style="list-style-type: none"> • Risks of sexual activity, such as pregnancy, STDs • Dating violence • Community violence • Economic downturns affecting ability to get basic needs met • Intellectual or developmental disabilities 	Eventually remembers you on Mothers or Fathers Day or comes home for Thanksgiving!