

Stages of Adolescent Development

Stages of Adolescence	Physical Development	Cognitive Development	Social-Emotional Development
<p style="text-align: center;">Early Adolescence Approximately 11 – 13 years of age</p>	<ul style="list-style-type: none"> • Puberty: grow body hair, increase perspiration and oil production in hair and skin, Girls – breast and hip development, onset of menstruation Boys – growth in testicles and penis, wet dreams, deepening of voice • Tremendous physical growth: gain height and weight • Greater sexual interest 	<ul style="list-style-type: none"> • Growing capacity for abstract thought • Mostly interested in present with limited thought to the future • Intellectual interests expand and become more important • Deeper moral thinking 	<ul style="list-style-type: none"> • Struggle with sense of identity • Feel awkward about one’s self and one’s body; worry about being normal • Realize that parents are not perfect; increased conflict with parents • Increased influence of peer group • Desire for independence • Tendency to return to “childish” behavior, particularly when stressed • Moodiness • Rule- and limit-testing • Greater interest in privacy
<p style="text-align: center;">Middle Adolescence Approximately 14 – 18 years of age</p>	<ul style="list-style-type: none"> • Puberty is completed • Physical growth slows for girls, continues for boys 	<ul style="list-style-type: none"> • Continued growth of capacity for abstract thought • Greater capacity for setting goals • Interest in moral reasoning • Thinking about the meaning of life 	<ul style="list-style-type: none"> • Intense self-involvement, changing between high expectations and poor self-concept • Continued adjustment to changing body, worries about being normal • Tendency to distance selves from parents, continued drive for independence • Driven to make friends and greater reliance on them, popularity can be an important issue • Feelings of love and passion
<p style="text-align: center;">Late Adolescence Approximately 19 – 21 years of age</p>	<ul style="list-style-type: none"> • Young women, typically, are fully developed • Young men continue to gain height, weight, muscle mass, and body hair 	<ul style="list-style-type: none"> • Ability to think ideas through • Ability to delay gratification • Examination of inner experiences • Increased concern for future • Continued interest in moral reasoning 	<ul style="list-style-type: none"> • Firmer sense of identity • Increased emotional stability • Increased concern for others • Increased independence and self-reliance • Peer relationships remain important • Development of more serious relationships • Social and cultural traditions regain some of their importance

How to Reduce Unsafe Practices & Promote Healthy Lifestyle Behaviors Among Teenagers

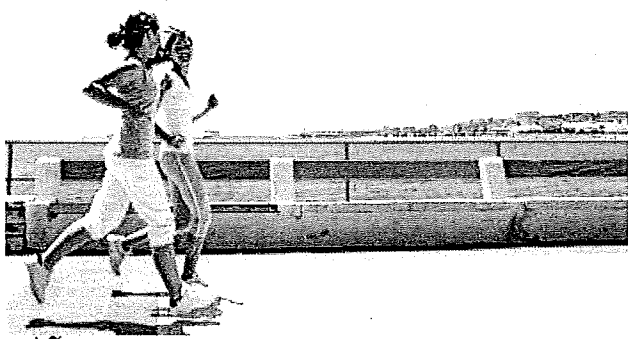
BY SHANNON HYLAND-TASSAVA FEB. 18, 2015



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If you are the parent of a teenager or a professional who works with teenagers, you know how challenging those adolescent years can be. Amidst enormous physical and emotional change and development, adolescents are also testing their independence, forming their identities, expanding their social lives and experimenting with new behaviors. These opportunities for growth can carry risk of unhealthy choices; many teens end up struggling with obesity or eating disorders, substance use, unsafe sexual activity, poor nutrition, lack of exercise, sleep deprivation, school problems and low mood. Adults can help promote better health for the teenagers in their lives.



Teenage girls running outdoors. Photo Credit Jupiterimages/Goodshoot/Getty Images

Encourage exercise. Fitness is one of the fundamental building blocks of good teen health. Exercise is associated with more positive mood, improved sleep, better concentration and productivity and higher self-esteem. If your teenager is active in sports, support his efforts; if not, suggest other ways to be active, such as biking with friends, walking or running with the family dog, taking a recreational sports or fitness class or even playing an active video game, such as one of the new interactive yoga or sports games on the market. Model physical fitness by being active yourself, and plan family activities around opportunities to be active.