

STAGES OF HEALTHY ADOLESCENT DEVELOPMENT

<i>Stage with Age Range(Approx)</i>	Early Adolescence (ages 10-14 years)	Middle Adolescence (ages 15-17 years)	Late Adolescence (ages 18-21 years)
Characteristic Developmental Milestones and Tasks			
Physical Growth	<ul style="list-style-type: none"> * Puberty: Rapid growth period * Secondary sexual characteristics appear * Shift in sleep patterns; stay up and sleep later. Need 9+ hours of sleep/day. 	<ul style="list-style-type: none"> * Secondary sexual characteristics advanced * 95% of adult height reached 	<ul style="list-style-type: none"> * Physical maturity and reproductive growth leveling off and ending
Intellectual/ Cognition	<ul style="list-style-type: none"> * Concrete thought dominates "here and now" * Cause-effect relationships underdeveloped * Stronger "self" than "social awareness" * Reacts emotionally rather than logically under stress. 	<ul style="list-style-type: none"> * Growth in abstract thought; reverts to concrete thought under stress * Cause-effect relationships better understood * Very self-absorbed 	<ul style="list-style-type: none"> * Abstract thought established * Future oriented; able to understand, plan and pursue long range goals * Philosophical and idealistic
Autonomy	<ul style="list-style-type: none"> * Challenge authority, family; anti-parent * Loneliness * Wide mood swings * Things of childhood rejected * Argumentative and disobedient 	<ul style="list-style-type: none"> * Conflict with family predominates due to ambivalence about emerging independence 	<ul style="list-style-type: none"> * Emancipation: <ul style="list-style-type: none"> -- vocational/technical/college and/or work -- adult lifestyle
Body Image	<ul style="list-style-type: none"> * Pre-occupation with physical changes and critical of appearance * Anxieties about secondary sexual characteristic changes * Peers used as a standard for normal appearance (comparison of self to 	<ul style="list-style-type: none"> * Less concern about physical changes but increased interest in personal attractiveness * Excessive physical activity alternating with lethargy 	<ul style="list-style-type: none"> * Usually comfortable with body image

	peers)		
Peer Group	<ul style="list-style-type: none"> * Serves a developmental purpose * Intense friendship with same sex * Contact with opposite sex in groups 	<ul style="list-style-type: none"> * Strong peer allegiances – fad behaviors * Sexual drives emerge and teens begin to explore ability to date and attract a partner 	<ul style="list-style-type: none"> * Decisions/values less influenced by peers * Relates to individuals more than to peer group * Selection of partner based on individual preference
Identity Development	<ul style="list-style-type: none"> * “Am I normal?” * Daydreaming * Vocational goals change frequently * Begin to develop own value system * Emerging sexual feelings and sexual exploration * Imaginary audience * Desire for privacy * Magnify own problems: “no one understands” 	<ul style="list-style-type: none"> * Experimentation – sex, drugs, friends, jobs, risk-taking behavior 	<ul style="list-style-type: none"> * Pursue realistic vocational goals with training or career employment * Relate to family as adult * Realizations of own limitations & mortality * Establishment of sexual identity, sexual activity is more common * Establishment of ethical and moral value system * More capable of intimate, complex relationships