

## Stages of Adolescent Development

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