

AGES & STAGES

Middle adolescences (or teens) are a group of individuals who are full of life, enthusiasm, energy and the feeling that they can do anything. They are impressionable where physical appearance is concerned and are sensitive to self image. They like and need responsibility.



15-18 YEARS

PHYSICAL

- concerns about body image
- realistic views of limits to which their body can be tested
- advancing sexual maturity
- periods of high energy, periods of fatigue

SOCIAL

- interested in co-educational activities and dating
- wants adult leadership roles
- commits to follow through
- needs peer group support and status among peer group
- wants to be part of a group but also recognized as an individual

EMOTIONAL

- developing confidence and independence
- looks for confidence of others in their decisions
- developing their own set of values and beliefs
- initiates and carries out their own tasks without supervision

COGNITIVE

- career exploration is important as they begin to make decisions for their future
- mastering abstract thinking and problem solving
- loses patience with meaningless activity
- forms own opinions as their personal philosophy begins to emerge
- enjoys demonstrating acquired knowledge

IDEAS TO ENCOURAGE DEVELOPMENT

- avoid comments that criticize or compare stature, size, or shape or imply that their physical appearance is related to who they are inside or their success or happiness
- place emphasis on personal development whenever possible
- give them responsibility and expect them to follow through
- provide opportunities that help explore personal identity, values, and beliefs
- provide real life problems for them to solve
- make connections to career opportunities or fields of study

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