

## Stages of Healthy Adolescent Development

Stage with Age Range (Approx)	Early Adolescence (ages 10-14 years)	Middle Adolescence (ages 15-17 years)	Late Adolescence (ages 18-21 years)
<b>Characteristic Developmental Milestones and Tasks</b>			
<b>Physical Growth</b>	<ul style="list-style-type: none"> <li>• Puberty: Rapid growth period</li> <li>• Secondary sexual characteristics appear</li> </ul>	<ul style="list-style-type: none"> <li>• Secondary sexual characteristics advanced</li> <li>• 95% of adult height reached</li> </ul>	<ul style="list-style-type: none"> <li>• Physical maturity and reproductive growth leveling off and ending</li> </ul>
<b>Intellectual/ Cognition</b>	<ul style="list-style-type: none"> <li>• Concrete thought dominates “here and now”</li> <li>• Cause-effect relationships underdeveloped</li> <li>• Stronger “self” than “social awareness”</li> </ul>	<ul style="list-style-type: none"> <li>• Growth in abstract thought; reverts to concrete thought under stress</li> <li>• Cause-effect relationships better understood</li> <li>• Very self-absorbed</li> </ul>	<ul style="list-style-type: none"> <li>• Abstract thought established</li> <li>• Future oriented; able to understand, plan and pursue long range goals</li> </ul>
<b>Autonomy</b>	<ul style="list-style-type: none"> <li>• Challenge authority, family; antiparent</li> <li>• Loneliness</li> <li>• Wide mood swings</li> <li>• Things of childhood rejected</li> <li>• Argumentative and disobedient</li> </ul>	<ul style="list-style-type: none"> <li>• Conflict with family predominates due to ambivalence about emerging independence</li> </ul>	<ul style="list-style-type: none"> <li>• Emancipation:                             <ul style="list-style-type: none"> <li>○ Vocational/technical/college and/or work</li> <li>○ Adult lifestyle</li> </ul> </li> </ul>
<b>Body Image</b>	<ul style="list-style-type: none"> <li>• Preoccupation with physical changes and critical of appearance</li> <li>• Anxieties about secondary sexual characteristic changes</li> <li>• Peers used as a standard for normal appearance (comparison of self to peers)</li> </ul>	<ul style="list-style-type: none"> <li>• Less concern about physical changes but increased interest in personal attractiveness</li> <li>• Excessive physical activity alternating with lethargy</li> </ul>	<ul style="list-style-type: none"> <li>• Usually comfortable with body image</li> </ul>
<b>Peer Group</b>	<ul style="list-style-type: none"> <li>• Serves a developmental purpose</li> <li>• Intense friendship with same sex</li> <li>• Contact with opposite sex in groups</li> </ul>	<ul style="list-style-type: none"> <li>• Strong peer allegiances- fad behaviors</li> <li>• Sexual drives emerge and teens begin to explore ability to date and attract a partner</li> </ul>	<ul style="list-style-type: none"> <li>• Decisions/values less influenced by peers</li> <li>• Relates to individuals more than to peer group</li> <li>• Selection of partner based on individual preference</li> </ul>
<b>Identity Development</b>	<ul style="list-style-type: none"> <li>• “Am I normal?”</li> <li>• Daydreaming</li> <li>• Vocational goals change frequently</li> <li>• Begin to develop own value system</li> <li>• Emerging sexual feelings and sexual exploration</li> <li>• Imaginary audience</li> <li>• Desire for privacy</li> <li>• Magnify own problems: “no one understands”</li> </ul>	<ul style="list-style-type: none"> <li>• Experimentation- sex, drugs, friends, jobs, risk-taking behavior</li> </ul>	<ul style="list-style-type: none"> <li>• Pursue realistic vocational goals with training or career employment</li> <li>• Relate to family as adult</li> <li>• Realizations of own limitations &amp; mortality</li> <li>• Establishment of sexual identity, sexual activity is more common</li> <li>• Establishment of ethical and moral value system</li> <li>• More capable of intimate, complex relationships</li> </ul>

Source: <http://www.oregon.gov/oha/ph/HealthyPeopleFamilies/Youth/AdolescentGrowthDevelopment/Documents/adoldevstages.pdf>