

**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)
<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> <li>* Philosophical and idealistic</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: -- vocational/technical/college and/or work -- adult lifestyle</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>