

Adolescent Development

| | Early Adolescence Females 10-14 Males 11-15 | Middle Adolescence Females 14-18 Males 15-19 | Late Adolescence Females 18-25 Males 19-26 |
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| Physical Development | <ul style="list-style-type: none"> Increases in height/weight, muscle/fat proportions*, acne, body odor Periods start 2 years after breast budding (females) Temporary breast swelling (males) | <ul style="list-style-type: none"> Adult height by 14-15 (females), 16-17 (males) More interest in hygiene Increase in weight and changes in fat distribution | <ul style="list-style-type: none"> "Late bloomers" add height Weight may increase then stabilize (females and males) Mature breast shape and size (females); adult pubic hair patterns (females and males) |
| Psychosexual Development | <ul style="list-style-type: none"> Increased body image awareness May want more privacy with dressing and bathing | <ul style="list-style-type: none"> More sexual expression (clothes, language, jokes, etc.) More aware of relationships, sexual risks | <ul style="list-style-type: none"> Intimacy skills maturing More secure in sense of sexuality Shift of emphasis from self to others |
| Cognitive Intellectual Development | <ul style="list-style-type: none"> Tremendous brain growth resumes (comparable to infancy/early childhood) Concrete thought dominates over abstraction Hard time understanding sarcasm | <ul style="list-style-type: none"> Urges and reward seeking behaviors (limbic system) dominate over thoughtful reasoning (frontal lobes). Emotional maturity continues to improve but may lag behind impulses for risks/rewards (temporal lobe). More abstract thought, understands more subtle humor, complex math, etc. | <ul style="list-style-type: none"> Thoughtful reasoning, insight increase dramatically; reach full "adult" maturity in mid-20's (prefrontal cortex). Able to apply abstract concepts more skillfully to own problem-solving More mature/aware of consequences and personal limitations |
| Vocational Moral Development | <ul style="list-style-type: none"> Increasing academic focus at school Emerging/variable ability to handle more responsibilities Fairly black / white re: moral choices | <ul style="list-style-type: none"> Begins to consider future careers Increased understanding of complex issues (e.g. war, poverty), subtleties of moral choices | <ul style="list-style-type: none"> Prepare for adult career goals and responsibilities Advancing sense of morality based on personal values and critical thinking |
| Emotional Identity Development | <ul style="list-style-type: none"> Hormonal moodiness (males <i>and</i> females) Concern with appearance Continues to identify primarily with values and activities of parents | <ul style="list-style-type: none"> Maturity fluctuations, impulsivity Self-conscious and self-centered (feel as if "under a microscope")—can affect self-esteem Need for identity distinct from parents | <ul style="list-style-type: none"> Improved consistency and maturity of reasoning Improved comfort with self-image, value personality more than appearance Often return to parents' values |
| Relationship Intimacy Skills | <ul style="list-style-type: none"> Increasing interest in peers/media for information/advice Reluctant to stand out from peers Despite above, parents remain primary source of value, love, self-reflection | <ul style="list-style-type: none"> Increasing interest in privacy/separation from family Reliance on peers for affection/love Practice relationship skills in friendships and with romantic partners | <ul style="list-style-type: none"> Transition into adult relationships with parents and extended family Increased empathy and capacity for long-lasting mutual relationships Peers play less important role in behavior choices |

*Approximately half of an adult's ideal body weight is gained during adolescence.
Adolescent females gain an average of 38 pounds. Adolescent males gain an average of 52 pounds.