Adolescent Development: What is normal?

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Keep in Mind: Physical Changes

- Although all teens develop, they do not all follow the same timeline!

- Physical Changes that may lead teens to:
  - Sleep longer
  - Clumsy - growth spurts
  - Sensitive about weight
  - Concerns about development
  - Awkward showing affection to parent
  - Questions about sex
Keep in mind: Cognitive Development

Cognitive development and how it affects teens:

- Amplified level of self-consciousness (audience)
- Belief that no one has had their feelings or emotions
- Believe “it can’t happen to me”
- Inconsistency between words and actions (adults)
Emotional & Social: Changes

- “Who am I?”
  - Self-concept
  - Self-esteem

- Independence (self-sufficient)

- Sexuality
Emotional & Social: Changes in Relationships

- Social relationships
  - Parents (mothers; conflict-puberty)
  - Family
  - Shift- parents and peers
  - More friends (together; phone)
  - Acceptance, self-disclosure, and understanding in friendships
  - Loyalty and trustworthiness
  - Similar attitude toward school, educational aspirations, and academic success.
  - Similar attitude toward drinking, drug use, and sexual activity
  - Members of same sex as best friend
  - Same age, same ethnicity- friendships
  - Belong to peer groups (cliques)
  - Dating
Emotional & Social: Impact of Changes

- More time with friends
- Sexuality- questions
- Journaling
- Locking doors
- Involvement in multiple activities
Emotional & Social: Impact of changes

- Vague about what they will do and with whom
- Argumentative
- Not be seen with parents in public
- Parents as people
What can I do?

- Provide a safe place to talk
- Be open and honest
- Praise
- Provide a structured environment
- Monitor
- Encourage them to be involved in differing activities
- Be patient