

# 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?

The title is positioned to the left of a row of five circles. The first circle is solid light purple. The second circle is white with a light purple outline. The third circle is solid light purple. The fourth circle is white with a light purple outline. The fifth circle is solid light purple.

- 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