

Developmental Needs of Teens

According to the American Academy of Child and Adolescent Psychology, adolescent development can be divided into three stages; early, middle and late adolescence. Here is a brief description of each stage which has been reproduced from the A.A.C.A.P's website.

Early Adolescence (12-14 years)

- Struggle with sense of identity.
- Moodiness.
- Realization that parents are not perfect.
- Close friendships become more important.
- Search for new people to love in addition to parents.
- Rules and limit testing.
- Worries about being normal.

Middle Adolescence (15-17 years)

- Extremely concerned with appearance and with one's own body.
- Effort to make new friends.
- Strong emphasis on new peer group.
- Periods of sadness.
- Examination of inner experiences.
- Development of ideals and selection of role models.
- Greater capacity for setting goals.

Late Adolescence (17-19 years)

- Firmer identity.
- Ability to express ideas in words.
- Greater emotional stability.
- Self-reliance.
- Greater concern for others.
- Stress on personal dignity and self esteem.