

## Adolescent Development and Behavior: What to Expect

Phase	Task	Typical	Behavior
<b>Preadolescence (9-11)</b>	Begins to form ties outside family.	Physical restlessness; fidgeting  Arguments with parents over rules, neatness, time management.	“Bathroom” humor  Boys part of “gang,” companions in adventures. Girls choose “best” friend to share secrets.
<b>Early Adolescence (12-13)</b>	Gains some independence from parent rules and values.  Adjusts to new body image.	Self-absorption, touchiness.  Impulsive, inconsistent mood swings.  Constantly hungry, but can be finicky eater.	“Bedroom” humor.  Develops close friend like self, often someone with qualities  wished for in self.  May develop “crush” on older man or woman.
<b>Adolescence (14-15)</b>	Discovers personal strengths and capabilities.  Develops ability for abstract thought.  May be interested in the opposite sex.  Forms sexual identity.	Intense emotional lifeheightened senses (especially eyes and ears)  Analyzes ideas and considers own values.  First “tender love.”	Tests own limits—excessive physical exertion or risk-taking.
<b>Late Adolescence (16-20+)</b>	Consolidates personality.  Self-regulates behavior.  Gains physical independence from parents.	Predictable  Takes responsibility for self and actions.  Chooses vocational goals.	Prepares for marriage and parenthood.



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