

# Ages and Stages of Young Early and Early Adolescent Development

Project HOPE

Department of Public Health

University of Tennessee, Knoxville



# Gratitude

- This presentation was funded by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award (GA1RH33552) totaling \$1,000,000. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.



# Goals

- Identify characteristics of typical adolescent development
- Recognize developmentally appropriate strategies to promote youth development



# Parenting Strategies for Adolescents

- Young Early Adolescents (Ages 9-11)
- Early Adolescents (Ages 12-14)



# Young Early Adolescents (Ages 9-11)

## Physical Exercise and Sports Participation

- Encourage participation
  - Sports and group competition (competitive)
  - Physical activities such as yoga, hiking, and running (non-competitive)

# Young Early Adolescents (Ages 9-11)

## Acknowledge Emotional Responses

- Discuss: hormones, emotional regulation, and prosocial expression strategies
- Normal for the stage: unpredictable behaviors and mood swing
- Exercise, a healthy diet, practice relaxation, avoid stress, and have sufficient sleep

Steinberg, Laurence, and Elizabeth Cauffman. "Maturity of Judgment in Adolescence: Psychosocial Factors in Adolescent Decision Making." *Law and Human Behavior*, vol. 20, no. 3, Plenum Publishing Corp, June 1996, pp. 249–72, doi:10.1007/BF01499023.

Masley, J. (February, March 2005). The role of exercise, nutrition, and sleep in the battle against depression.

# Young Early Adolescents (Ages 9-11)

## Verbally Identifying Emotion

- Ability of interpreting facial expression
- Hard to differentiate the facial expression of fear, anger, disgust, surprise, etc.
- Express emotions through words or tone of voice  
-- adults

# Young Early Adolescents (Ages 9-11)

## **Presenting Information**

- Provide steps, make flow chart, or divide big tasks into small pieces

## **Guiding to Generate or Gather New Ideas**

- Offer several different methods of approaching a problem
- Help learning diverse subjects like art, music, technology, or travel





# Young Early Adolescents (Ages 9-11)

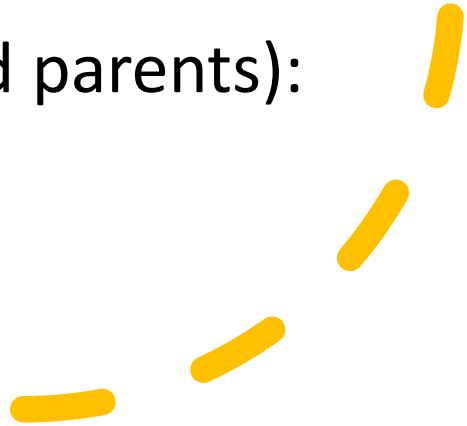
## **Skill Development**

- Lead role in family meetings, or small family parties
- Discuss important issues, plan, problem solving, and have fun together
- Leadership and critical thinking



# Early Adolescents (Ages 12-14)

## Small Group Discussion

- Changes in weight, height, hormones, sleeping patterns, activity levels, and possible moodiness
  - Discuss changes—they are normal
  - Discuss personal experiences
  - Small group discussion (peers and parents): coping knowledge and skills
- 

# Early Adolescents (Ages 12-14)


## **Discuss Conflicting Issues and Behaviors**

- Youth independence vs adult authority
- Privately discuss
- Acknowledge inappropriate behaviors and remind appropriate behaviors



## Early Adolescents (Ages 12-14)

### Short-Term Reward and Peer Acceptance

- Greater impulsivity and reward seeking (short-term reward)
  - Help set up long term goal, break down into weekly goals
  - Peer acceptance-- a salient reward
  - Advice on handling peer challenges
- 

# Early Adolescents (Ages 12-14)

## **Enhancing Self Evaluating Capacity**

- Emerging capacity of abstract thinking
- Enabling self-appraisals and generalizing experiences
- Adults ask youth to evaluate academic performance and make comments



# Early Adolescents (Ages 12-14)

## Using Metacognitive Skills

- Apply problem-solving methods: identify problem, generate possible actions, assess benefits and consequences, select and execute a possible solution, and evaluate effect of solution on problem



# Early Adolescents (Ages 12-14)

## **Encourage Problem Solving and Decision Making**

- Develop solutions to problems or conflicts
- Use own judgment
- Adults provide advice and support



# Early Adolescents (Ages 12-14)

## Improving Low Self-Esteem

- Arrange small group activities
- Be proud of efforts, mistakes as learning opportunities
- The use of positive self-talk or quotes



# Early Adolescents (Ages 12-14)

## **Share Coping Responses**

- Identify extreme emotion and calming strategies, such as breathing techniques, muscle relaxation strategies, and journaling



Early  
Adolescents  
(Ages 12-14)

## **Coping Strategies with Challenging Emotions**

- Socially appropriate strategies
- Discuss the signs of depression, share feelings, provide information of counseling services/hotlines, mental health professionals



# Early Adolescents (Ages 12-14)

## **Encourage Risk Assessment**

- Illegal substances, smoking, risky sexual behavior

## **Guidance in Important Decision Making**

- Education, intimate relationships and marriage
- Future careers and roles in life

# Early Adolescents (Ages 12-14)

## **Group Activities**


- Develop relationship skills and interact with opposite sex

## **Maintain Good Communication and Relationship**

- Adults listen and validate youth feelings, give praise

# Early Adolescents (Ages 12-14)

## Peer Influence

- Debunk the “everyone is doing it” myth
  - Plan-ahead for difficult situations: someone uses drugs, under pressure to have sex or being offered a ride by someone who has been drinking
  - Adults monitor peer group activities
- 

Thank you!