

EARLY ADOLESCENT DEVELOPMENT

Age Range:

12

years old

-

14

years old

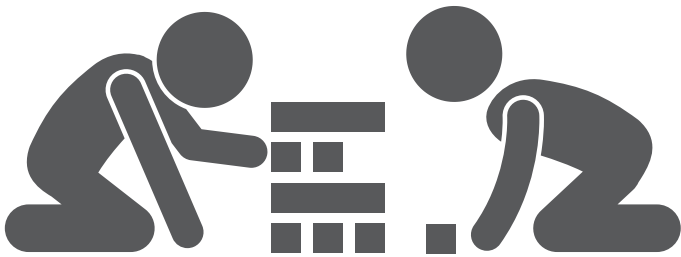
Adolescent development includes changes in three areas: physical, cognitive, and social. Each area impacts and informs one another.

Physical Development



- Increase in physical growth
- Primary sex characteristic development
- Changes in sleep pattern
- High energy and activity levels
- Hormonal changes
- Increase in mood swings

Cognitive Development

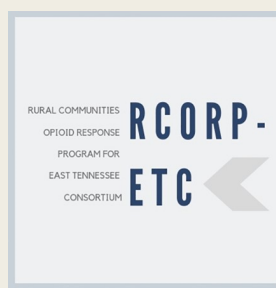


- Concrete thinkers
- Increase in sense of self
- Increase in inhibitions

Social Development

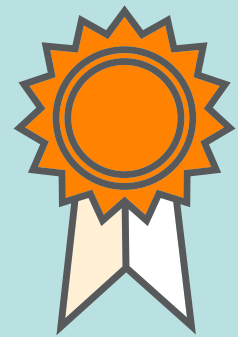


- Concern towards body image
- Movement towards independence
- Developing identity
- Sex Cleavage
- Increase in conflict with adults

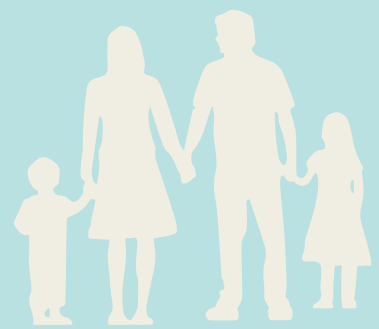


EARLY ADOLESCENT STRATEGIES

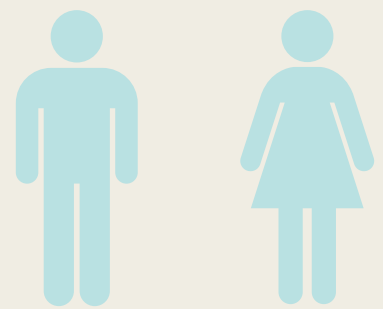
- **Use a reward system**



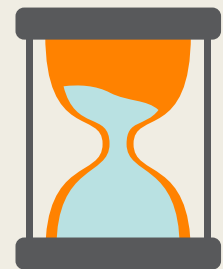
- **Family involvement**



- **Separate by gender**



- **Provide unstructured time**



- **Respect teen opinions**



Sources

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