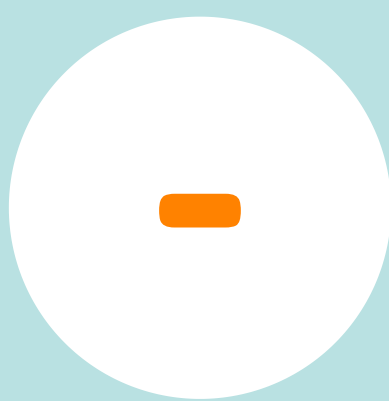


LATE ADOLESCENT DEVELOPMENT

Age Range:



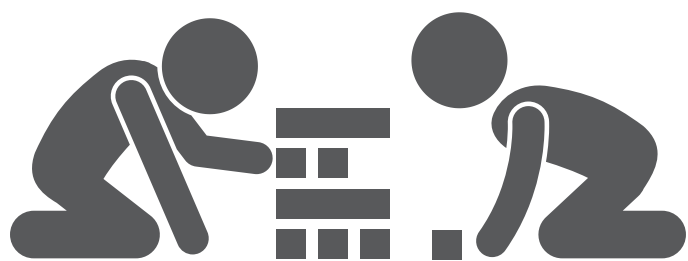
Adolescent development includes changes in three areas: physical, cognitive, and social. Each area impacts and informs one another.

Physical Development



- Body appears to be fully developed
- Brain development continues (physically)

Cognitive Development



- Focused on the future
- Better impulse control
- Less teen slang
- Able to serve as a leader for younger ages

Social Development



- Strong sense of individuality
- More stable relationships (friends and romantic)
- Reduced conflict with parents



LATE ADOLESCENT STRATEGIES

- **Create opportunities for leadership and role modeling**



- **Encourage community projects**



- **Provide unstructured time**



Sources

Meschke, L. L., Peter, C. R., & Bartholomae, S. (2011). Developmentally Appropriate Practice to Promote Healthy Adolescent Development: Integrating Research and Practice. *Child & Youth Care Forum*, 41(1), 89–108. doi: 10.1007/s10566-011-9153-7

Allen, B., & Waterman, H. (2019, March 28). Stages of Adolescence. Retrieved February 5, 2020, from <https://www.healthychildren.org/English/ages-tages/teen/Pages/Stages-of-Adolescence.aspx>

This infographic 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.