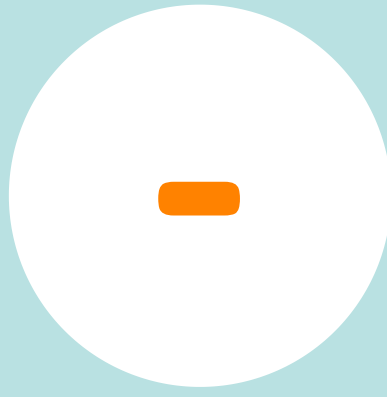




MIDDLE ADOLESCENT DEVELOPMENT

Age Range:



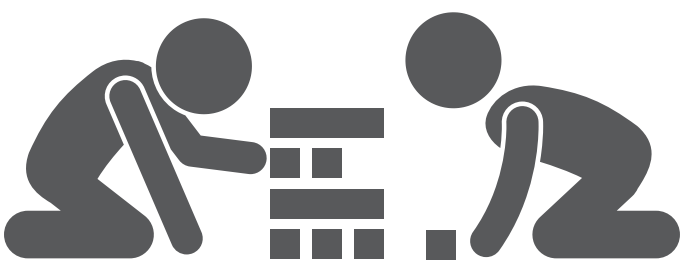
Adolescent development includes changes in three areas: physical, cognitive, and social. Each area impacts and informs one another.

Physical Development



- **Body changes start to stabilize**
- **Mixed gender relationships**
- **Brain continuing to change and mature**

Cognitive Development

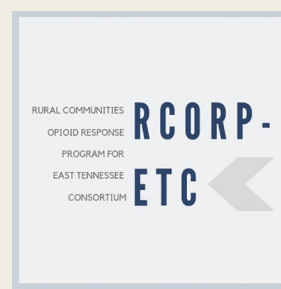


- **Abstract thinking**
- **Ability to start thinking of the future**
- **Teen slang**
- **Struggle for more independence**

Social Development

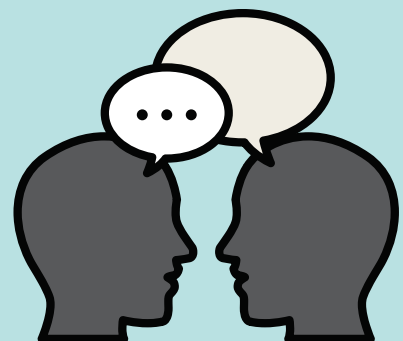


- **Advanced cooperation skills**
- **Beginning of romantic relationships**
- **Greater influence of sex, alcohol, and drugs**



MIDDLE ADOLESCENT STRATEGIES

- **Be an active listener**



- **Respect privacy**



- **Encourage sleep and exercise**



- **Provide unstructured time**



- **Work outside the home**



Sources

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