

# YOUNG EARLY ADOLESCENT DEVELOPMENT

## Age Range:



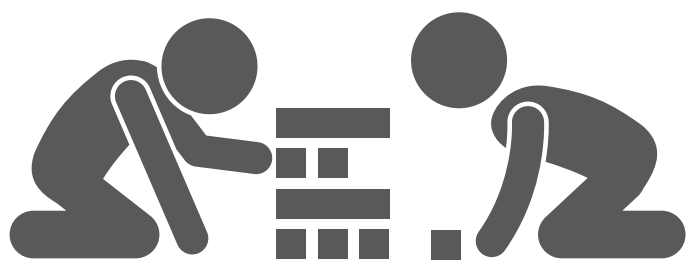
**Adolescent development** includes changes in three areas: physical, cognitive, and social. Each area impacts and informs one another.

## Physical Development



- Growth spurts and more aware of body changes
- High energy to expend
- Unusual flexibility

## Cognitive Development



- Concrete thinkers
- Lower levels of self consciousness
- High impulsivity and energy
- Low inhibition of inappropriate behavior

## Social Development



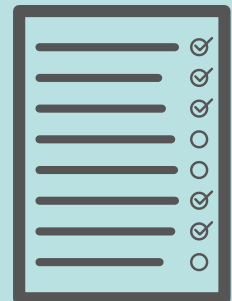
- High family involvement
- Experience more peer pressure than older youth/adults
- Sex Cleavage

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# YOUNG EARLY ADOLESCENT STRATEGIES

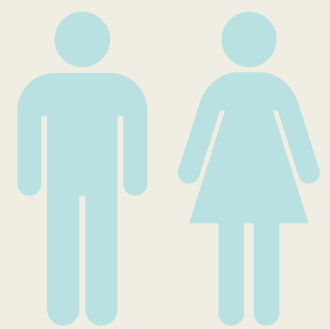
- **Make clear rules and stick to them**



- **Family involvement**



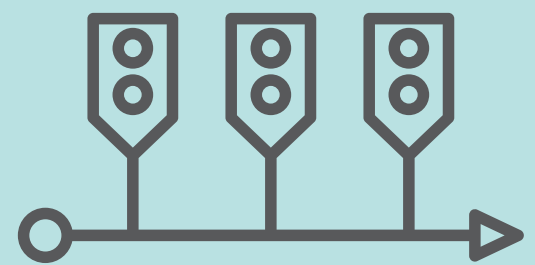
- **Separate by gender**



- **Activities that involve movement**



- **Short-term consequences over long-term**



## 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

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Stewart, J., & Michigan State University. (2018, September 20). 9- to 11-year-olds: Ages and stages of youth development. Retrieved February 5, 2020, from [https://www.canr.msu.edu/news/9\\_to\\_11\\_year\\_olds\\_ages\\_and\\_stages\\_of\\_youth\\_development](https://www.canr.msu.edu/news/9_to_11_year_olds_ages_and_stages_of_youth_development)

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