



## **Developmental Stages for Fourteen-to-Sixteen Year Olds (Grades 9-11) Overview**

- **General Characteristics**

- Testing limits; a “know-it-all” attitude
- Vulnerable; emotionally insecure; fear of rejection; mood swings
- Identification with admired adults
- Bodies going through physical changes that affect personal appearance

- **Physical Characteristics**

- Very concerned about their appearance; very self conscious about their physical changes
- May have bad diet and sleep habits and, as a result, low energy levels
- Often a rapid weight gain at beginning of adolescence; enormous appetite

- **Social Characteristics**

- Friends set the general rules of behavior
- Feel a strong need to conform; dress and behave like their peers in order to “belong”
- Very concerned with what others say and think about them
- Have a tendency to try to manipulate others to get what they want
- Go to extremes; often appear to be unstable emotionally while having a “know-it-all” attitude
- Fear of ridicule and of being unpopular
- Strong identification with admired adults

- **Emotional Characteristics**

- Very sensitive to praise and recognition; feelings are easily hurt
- Caught between being a child and being an adult
- Loud behavior may hide their lack of self confidence
- Look at the world more objectively; look at adults more subjectively and are critical of them

- **Mental Characteristics**

- Can better understand moral principles
- May have lengthy attention spans