

Adolescence: What's Up With Teens?

1. Socially

- × Seek out more privacy
- × Conversation with family is less spontaneous
- × Peers become more important
- × Moving toward more intimate sharing of feelings
- × Strong identification with chosen peer group to affirm self-image
- × Girls tend to have more intimate and exclusive friendships than boys



2. Emotionally

- × Move away from parental influence toward greater independence
- × Begin to criticize opinions, suggestions, and actions of adults
- × Frequently fluctuate between emotional peaks of excitement and depths of moodiness
- × Isolation from and lack of involvement in the community leads to feelings of being ignored and not needed
- × Often make rude comments that can hinder another's self concept
- × Learn to feel, think, and act according to congruent gender roles
- × Develop further interest in ethics and morality and form own opinion about these issues
- × Tendency to revert to childish behavior, particularly when stressed

3. Physically

- × Girls develop physically sooner than boys
- × Preoccupation with rapid body changes
- × Concerns with physical and sexual attractiveness to others
- × Worries about being normal

4. Intellectually

- × Intellectual interests expand and gain in importance
- × Greater ability to do work (physical, emotional, mental)
- × Moving from concrete thinking (what is) to abstract thinking (what might be true if)
- × Revert to concrete thinking under stress
- × Can't always perceive long-range implications of current decisions
- × Expanded interest; intense, short-term enthusiasm

