

## **Development During Adolescence / Young Adulthood.**

Development During Adolescence / Young Adulthood, Changes we experience as we grow from childhood to adulthood



### **Changes Over Time**

#### **Physical – Changes in body size and characteristics**

- Early puberty Rapid growth
- Beginning of secondary sexual characteristics (such as breast and genital development and pubic and other body and facial hair growth)
- Physical growth begins to slow
- Most women are fully developed
- Many men continue to gain body hair and muscle mass

#### **Mental – Changes in thinking abilities**

- Beginning ability to think abstractly
- Interests begin to expand
- Focus on the present
- Better understanding of cause and effect relationships
- Greater ability to set goals
- Begin thinking about the meaning of life
- Increased focus on the future
- Ability to think through an idea
- Better defined work habits

#### **Emotional – Changes in the experience and expression of feelings**

- Feelings of awkwardness
- Worry about being “normal”
- Moodiness
- Extremes of high self- expectations and poor self-concept
- Increased feelings of love and passion
- Stronger sense of oneself
- Increased emotional stability
- Sexual identity becoming established

#### **Social – Changes in relationships to people**

- Realization that adults are not perfect
- Desire for increased independence
- Peer influence becomes more important
- Greater reliance on peer approval
- Distancing from parents
- Stronger sense of independence and self-reliance
- Capable of complex relationships
- Begin to relate to family members as an adult