

Adolescence

9–18 years

Physical changes in adolescence

- Growth spurt
- Both sexes capable of reproduction
- Secondary sexual characteristics
- Both sexes – change in body shape and growth of body hair
- Girls – menstrual cycle, growth of breasts
- Boys – penis growth, sperm production

Intellectual changes in adolescence

- Abstract thinking
- Ability to empathise
- Ability to remember large amounts of information
- Begins to question the world and develop own views

Emotional changes in adolescence

- Mood swings
- Conflicts with parents and other adults
- Desire for independence
- Positive and negative emotions
- Self-concept becomes more formed
- Own identity formed

Social development in adolescence

- Importance of 'peer group' relationships
- Development of sexual and intimate relationships
- Friendships with both sexes
- Wider social circle

Self-concept in adolescence

<PICTURE TO COME>

Self-image + self-esteem = self-concept

