

# FACTS *for* FAMILIES

No. 57

December 2011

## Normal Adolescent Development Part I

### Middle School and Early High School Years

Parents are often worried or confused by changes in their teenagers. The following information should help parents understand this phase of development. Each teenager is an individual with a unique personality and special interests, likes and dislikes. However, there are also numerous developmental issues that everyone faces during the adolescent years. The normal feelings and behaviors of the middle school and early high school adolescent are described below.

### Movement Towards Independence

- Struggle with sense of identity
- Feeling awkward or strange about one's self and one's body
- Focus on self, alternating between high expectations and poor self-esteem
- Interests and clothing style influenced by peer group
- Moodiness
- Improved ability to use speech to express one's self
- Realization that parents are not perfect; identification of their faults
- Less overt affection shown to parents, with occasional rudeness
- Complaints that parents interfere with independence
- Tendency to return to childish behavior, particularly when stressed

### Future Interests and Cognitive Changes

- Mostly interested in present, with limited thoughts of the future
- Intellectual interests expand and gain in importance
- Greater ability to do work (physical, mental, emotional)

### Sexuality

- Display shyness, blushing, and modesty
- Girls develop physically sooner than boys
- Increased interest in sex
- Movement toward heterosexuality with fears of homosexuality
- Concerns regarding physical and sexual attractiveness to others
- Frequently changing relationships
- Worries about being normal

### Morals, Values, and Self-Direction

## Normal Adolescent Development Part I, "Facts for Families," No. 57 (12/11)

- Rule and limit testing
- Capacity for abstract thought
- Development of ideals and selection of role models
- More consistent evidence of conscience
- Experimentation with sex and drugs (cigarettes, alcohol, and marijuana)

Young teenagers do vary slightly from the above descriptions, but the feelings and behaviors are, in general, considered normal for each stage of adolescence.

For additional information see Facts for Families:

[#24 Know When to Seek Help For Your Child](#)

[#62 Talking to Your Kids About Sex](#)

[#63 Gay and Lesbian Adolescents](#)

If you find *Facts for Families*® helpful and would like to make good mental health a reality, consider donating to the [Campaign for America's Kids](#). Your support will help us continue to produce and distribute Facts for Families, as well as other vital mental health information, free of charge.

You may also mail in your contribution. Please make checks payable to the AACAP and send to *Campaign for America's Kids*, P.O. Box 96106, Washington, DC 20090.

The American Academy of Child and Adolescent Psychiatry (AACAP) represents over 8,500 child and adolescent psychiatrists who are physicians with at least five years of additional training beyond medical school in general (adult) and child and adolescent psychiatry.

*Facts for Families*® information sheets are developed, owned and distributed by AACAP. Hard copies of *Facts* sheets may be reproduced for personal or educational use without written permission, but cannot be included in material presented for sale or profit. All *Facts* can be viewed and printed from the AACAP website ([www.aacap.org](http://www.aacap.org)). *Facts* sheets may not be reproduced, duplicated or posted on any other website without written consent from AACAP. Organizations are permitted to create links to AACAP's website and specific *Facts* sheets. For all questions please contact the AACAP Communications & Marketing Coordinator, ext. 154.

**If you need immediate assistance, please dial 911.**

Copyright © 2012 by the American Academy of Child and Adolescent Psychiatry.