



Adolescent Developmental Needs: Implications for Promoting Growth

Adolescents need to:

To experience a sense of significance -

The belief that people are linked by and important to someone who is important to them.



Implication: Provide opportunities to experience significance in



interactions with persons who support accepted norms.

Or, they will seek significance through less desirable relationships.



To experience a sense of competence –

Being successful at some task that has value and is reinforced.

Implication: Provide thoughtful and sensitive support with enough structure and appropriate expectations to facilitate success. If situations are not created to foster competence, adolescents will seek it in less desirable ways.



To experience a sense of power –

The ability to control important parts of one's environment.

Implication: Provide adolescents with increasing responsibility and



opportunities for an equalitarian, nonsubmissive role. When blocked, the need to experience a sense of potency may be channeled into less socially acceptable behaviors.