

Adolescents and Their Needs



Young Adolescents:



- Under rapid physical, social, emotional, and intellectual changes.
- Change at different rates according to highly individual “internal clocks.”
- Grow more rapidly than at any other time in their lives since birth.
- Develop secondary sex characteristics and the capacity to reproduce.
- Can be painfully self-conscious and critical. They are defining themselves and vary widely in maturation and ability.
- Seek limited independence and autonomy. They may imagine themselves to be invulnerable to negative risks.
- Identify with the peer group. They want to belong and are developing deepening friendships.
- Develop new talents, energies and feelings.
- Identify more maturely with their race, gender, and potential for employment.
- Are idealist about social & religious issues.
- Are at a uniquely vulnerable time in their lives.



Therefore They Need:



- To explore who they are and what they can become.
- Diverse activities that can appeal to a wide range of skills and interests.
- Lots of physical activity – not stressful competition - and time for relaxation too.
- Accurate information and guidance about sexuality.
- Many opportunities to achieve and have their competence recognized by others.
- Adult guidance in setting limits, but they should be allowed to help make the rules within those guidelines
- Opportunities to form positive relationships and experiences with peers
- Outlets for creative expression.
- Relationships with diverse adult role models.
- To participate meaningfully in their communities.
- Reassuring and informed adults – and a more caring society.

