## Stages of Child & Adolescent Development

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| **Late Childhood**    | • Grow an average of 2-3 inches and 7 pounds per year  
                           • Puberty begins between 8-13 for girls; around 10 for boys  
                           • Girls become physically larger than boys with onset of puberty | • Use logical thinking with a limited ability to extend logic to abstract concepts  
                           • Have ability to apply learned concepts to new tasks  
                           • Interest in learning life skills from adults at home | • Predominantly focused in needs and wants of themselves  
                           • Want to gain social approval  
                           • Have a tendency to be disorganized and forgetful  
                           • Little concern about appearance  
                           • Friendships based on proximity, common interests  
                           • Early onset puberty associated with lower self-control and emotional instability, especially for boys | • Usually upper elementary school  
                           • 3rd to 5th grade  
                           • Learning and interacting primarily with own grade level with close adult supervision at school, both inside and outside the classroom |
| **Approximately 8-11 years of age** | | | | |
| **Early Adolescence** | • Puberty: grow body hair, increase perspiration and oil production in hair and skin  
                           • Tremendous physical growth in weight and height  
                           • Sexual interest | • Growing capacity for abstract thought  
                           • Mostly interested in present with limited thought of the future  
                           • Intellectual interests expand and become more important  
                           • Deeper moral thinking | • Struggle with sense of identity  
                           • Feel awkward about one’s self and one’s body;  
                           • Increased conflict with parents  
                           • Increased influence of peers  
                           • Desire for independence  
                           • Tendency to return to childish behavior when stressed  
                           • Moodiness  
                           • Rule- and limit-testing  
                           • Greater interest in privacy | • Usually middle school  
                           • Grades 6-8  
                           • Learning primarily with own grade level, although elective courses and extracurricular activities may be multi-grade  
                           • More opportunities for autonomy and unstructured interactions  
                           • Less direct supervision than in elementary school |
| **Approximately 11-13 years of age** | | | | |
| **Middle Adolescence** | • Puberty is completed  
                           • Physical growth slows for girls, continues for boys | • Continued growth of capacity for abstract thought  
                           • Greater capacity for setting goals  
                           • Interest in moral reasoning  
                           • Thinking about the meaning of life | • Intense self-involvement, changing between high expectations and poor self-concept  
                           • Continued adjustment to changing body, worries about being normal  
                           • Tendency to distance selves from parents  
                           • Continued drive for independence  
                           • Driven to make friends and great reliance on them  
                           • Popularity can be important issue  
                           • Feeling of love and passion | • Usually high school  
                           • Grades 9-12  
                           • Learning with students in other grades in many classes (i.e. a Spanish class may have both 9th graders and 12th graders in it)  
                           • Increasing interaction with students of different grade levels  
                           • Reduced supervision than in lower grades |
| **Approximately 14-18 years of age** | | | | |
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Adapted from the American Academy of Child and Adolescent’s Facts for Families, 2008