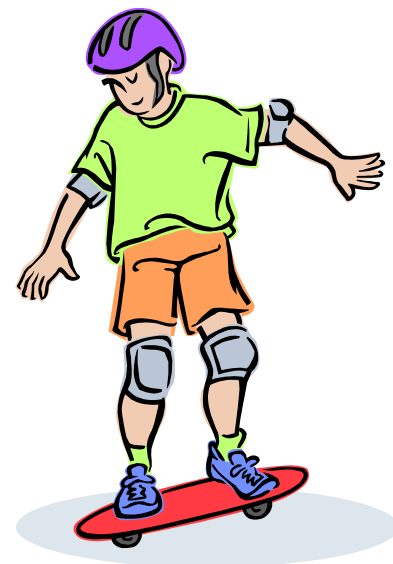


13 & 14 Years Old:



Social and Emotional Development

- Has unpredictable periods of moodiness (usually related to hormonal changes); may act out when frustrated or faced with new or stressful situations.
- Develops firm moral viewpoints about what is right and wrong.
- Is often opinionated and questions parental decisions; although this may result in hurt feelings, it is an important step in becoming independent.
- Embarrassed by displays of adult affection in public (e.g. father putting his arm around son's shoulder, mother hugging daughter goodbye).
- Is developing a stronger sense of self-identity but still wavers between feeling confident and independent one moment and insecure and needing reassurance the next.
- Becomes increasingly self-conscious and sensitive to criticism; believes that others care about and notice their behaviour and appearance; often expresses dissatisfaction with body appearance (especially girls) and personal achievements.
- Spends increasing time with friends rather than family.
- Has strong desire for peer acceptance; makes an effort to fit in through choice of clothes, behaviour, music, and/or mutual interest activities.
- Has mixed feelings about sexual relationships, although may begin to engage in exploratory behaviours and discussions with peers.



Growth and Physical Characteristics

- Weight gain varies by individual based on food intake, physical activity, and genetic influence.
- Continues to grow taller; boys, especially, begin to experience rapid growth spurts. Girls may experience small increases, but most have already reached their adult height.
- Head size and facial features are adult-like; arms, legs, and feet often appear large and out of proportion to the rest of the body.
- Has full set of permanent teeth except for the second and third molars (wisdom teeth).
- Still tires easily, especially with vigorous activity.
- Blood pressure reaches adult values (approximately 110/80); varies with child's weight, activity, and emotional state.
- Develops facial blemishes due to hormonal changes.
- Continues to experience bodily changes associated with puberty; girls begin having regular monthly periods; boys develop facial hair and voice changes.
- Complains of blurred vision or fatigue while reading; should have eyes examined to rule out any acuity problem if complaints persist.



Motor Development

- Movements are often awkward and uncoordinated due to irregular and rapid growth.
- Engages in purposeful activity; less time spent just "fooling around".
- Able to sit still for longer periods but still needs frequent outlets for excess energy.
- Girls exhibit greater speed and agility; boys have better strength and endurance.
- Develops new interests in individual sports (e.g., swimming, golf, gymnastics) and team athletics (e.g., softball, soccer, basketball, football, hockey).



Speech and Language Development

- Is articulate in expressing ideas and thoughts; word comprehension and fluency have nearly reached adult levels.
- Pauses and thinks before responding.
- Answers questions in a direct and concise manner; is less likely to engage in spontaneous conversation with family members than during earlier years.
- Spends endless time texting, emailing, and/or talking on their cellphone with friends.
- Understands irony, sarcasm, and metaphors when used in conversation.



Perceptual-Cognitive Development

- Uses more advanced processes (theoretical, rational, and logical) to formulate opinions.
- Begins to analyze problems from multiple perspectives before arriving at a solution; first makes a prediction (hypothesis) and then considers multiple variables or options one at a time before arriving at a conclusion. Piaget referred to this process as formal operational thinking.
- Is able to understand and learn advanced material; thinks abstractly about complex issues but still lacks the experience necessary to always make sound decisions.
- Likes school and academic challenge: arrives early; tries new academic subjects and extracurricular activities; feels overwhelmed at times by schoolwork and tests.
- Fascinated with technology; uses the Internet for homework, entertainment, and communication purposes; has difficulty determining if media content is truthful and, therefore, reliable.
- Spends considerable time in self-reflection; often retreats to bedroom to think.
- Plans and organizes activities without adult assistance.
- Focuses most attention on the present but is beginning to make plans for the future.

References:

Marotz, L. & Allen K. (2013) *Developmental profiles: Pre-birth through adolescence* (Instructor's Edition). Belmont, CA:

Wadsworth, Cengage Learning.