DEVELOPMENTAL STAGES: 13-18 YEARS OLD

Presented by Military & Family Life Counselors
OBJECTIVES

Participants will learn:

• How developmental issues can affect behaviors
• Tips for parenting
• Methods for disciplining teens
AGENDA

• Introduction
• Characteristics of Teens
• Adolescent Development
• Parenting Tips
• Discipline Guidelines
• Summary
INTRODUCTION

• The teen years are a challenging time for both parents and teens

• Suddenly the child who used to talk to you and come to you for advice may have withdrawn

• Your child who was compliant may now be more oppositional

• Understanding the development of your teen can help you understand their behavior and how to parent them
CHARACTERISTICS OF TEENS

• Wants to spend less time with you and more time with peers

• Is usually self conscious and concerned with appearance

• Wants to fit in with peers

• May become more oppositional
Adolescent Development
PHYSICAL DEVELOPMENT

Ages 13-14

• Gain in height and weight
• Girls: breast and hip development
• Boys: deepening of voice

Ages 15-18

• Puberty is completed
• Girls: physical growth slows down
• Boys: physical growth continues
COGNITIVE DEVELOPMENT

Ages 13-14

• Increased capacity for abstract thought
• Intellectual interests expand and become more important
• Deeper moral thinking

Ages 15-18

• Further capacity for abstract thought
• Thinking about the meaning of life
• Increased ability for setting goals
SOCIAL-EMOTIONAL DEVELOPMENT

Ages 13-14

- Worries about fitting in with peer group
- Concerned about their appearance
- Increased influence of peer group
- Wants more privacy
- Moodiness
- Wants independence
- May regress to childish behavior when stressed
SOCIAL-EMOTIONAL DEVELOPMENT

Ages 15-18

- Still adjusting to changing body
- Continues to distance self from parents - gravitating more towards peer group
- May complain that parents interfere with independence
- Becoming more self-involved
- Continued adjustment to changing body
- Increased interest in opposite sex – desires feelings of love and passion
Tips for Parenting Teens
PARENTING TIPS

- Be a role model
- Set rules and consequences and be consistent
- Choose your battles
- Give them their privacy
- Get to know their friends
- Have them check in with you and let you know where they are
- Keep communication channels open
- Discuss rather than lecture
PARENTING TIPS

• Discuss consequences of risky behaviors
• Help them figure out how to handle a potentially dangerous situation and have a game plan
• Show interest in their activities
• Let them know you love and care about them
• Catch them being good – don’t just focus on the negative
PARENTING TIPS

• Have weekly family meetings
• Be aware of changes in their behavior – it could be a sign they are in trouble
• Give them unconditional acceptance
• Don’t set them up to fail – set reasonable goals
ESTABLISHING RULES & LIMITS

Rules and limits provide your teen with a sense of stability:

- Establish age appropriate rules and limits
- Have your teen participate in setting rules and consequences
- Be consistent
SETTING CONSEQUENCES

• Set consequences that can be completed quickly, then give the teen a chance to try again
• Establish trust
• Use natural and logical consequences
NATURAL CONSEQUENCES

• A natural result of the behavior

• Not imposed by the parent

• Allows the teen to own the problem and face the consequences

• Teaches self-discipline
LOGICAL CONSEQUENCES

• Imposed on the teen by the parent as a result of the teen’s behavior

• Should be logically related to the behavior

• Makes the teen accountable for their choices and behaviors

• Allows their problems to belong to them – not to you
SUMMARY

• The teen years can be challenging for both teens and parents
• It’s important to understand adolescent development in order to understand your teen’s behaviors and needs
• Providing a good role model for teens is essential
• Discipline should include both natural and logical consequences
• It’s important to catch your teen being good and not just focus on the negative
RESOURCES

• Military Family Support Services
• Chaplain and Local Clergy
• Military OneSource (800) 342-9647
• TRICARE www.Tricare.mil
• Behavioral Health Services
REFERENCES

• *10 Parenting Tips You Should Know*, by Jeanie Lerche Davis

• Adolescent Development, [http://www.state.sc.us/dmh/adolescent_facts.htm](http://www.state.sc.us/dmh/adolescent_facts.htm)

• Stages of Adolescent Development, [http://www.kidsgrowth.com/resources/articledetail.cfm?id=1140](http://www.kidsgrowth.com/resources/articledetail.cfm?id=1140)

• Ten Mistakes Parents Make with Teens, [http://www.byparents-forparents.com/article7.html](http://www.byparents-forparents.com/article7.html)
THANK YOU