

## **#9 - Developmental Characteristics of 15-18 Year Olds**

Just as every adult has her or his unique attributes, so does every adolescent. There are, however, some things we know about teenagers in general. Here's a snapshot of what you might see if your mentee is 15-18 years old:

### **Social**

Older adolescents are beginning to see that they have a lot to contribute to society. They also understand that adults don't always have the right answers. They are, therefore, coming to a point where they want to be treated with more respect...they want to feel more like adults.

- Tend to romanticize sexuality, but moving toward a more realistic understanding.
- Search for intimacy, pursue romantic relationships.
- Renegotiate relationships, test sexual attractiveness
- Make commitments; commit to follow through with community service, personal goals, and work responsibilities.
- Desire respect; want adult leadership roles.
- Are apt to reject goals set by others.

### **Intellectual**

This can be a time of life when teens are mastering abstract thinking. They no longer want to be told "how things are," they want to make their own interpretations based on what they see, feel, and experience.

- Can imagine impact of present behavior on future consequences.
- Enjoy demonstrating acquired knowledge.
- Develop theories to explain how things happen.
- Create new possibilities from information.
- Will lose patience with meaningless activity.

### **Emotional**

Older adolescents are more complex emotionally than their younger peers. They are relating to others more as confident individuals, and are gaining more autonomy. Furthermore, attaching themselves to things and people, that they value and respect, is becoming a high priority.

- Begin to accept and enjoy their own uniqueness, but still seeking status and approval of peer group.
- Develop their own set of values and beliefs, but look for confidence from others in their decisions.
- Take on multiple roles.
- Gain autonomy.
- Can see self from viewpoint of others.
- Take fewer risks in relationships and friendships.
- Search for career possibilities and place in the world.

### **Physical**

Young people at this age are going through a lot of growth and change, including brain development. While their brains have at this point reached full size, the pathways that will help them do things like make positive choices, have healthy relationships, regulate their emotions and reactions, and plan ahead are actually in the process of being hardwired. Many teens have reached sexual maturity by age 15, and certainly most have by 18.

- Concerned about body image.
- Smaller range and fewer differences in size and maturity among peers (than previous years).
- Tend to develop a more realistic view of limits to which body can be tested.