

From Tween to Teen

Understanding their Social, Emotional, & Cognitive Growth



AFRAID OF BEING DIFFERENT

A changing body can create low self-esteem. At a time when teens seek peer support and are concerned with being one of the group, they may worry there is something wrong with the changes they experience.



FOCUSED ON SELF

An ever-present “imaginary audience” surrounds them, passing judgment on everything they do. They focus on their own experiences, appearance and behavior but don’t want to stand out from their peers.



CONSEQUENCES DON'T APPLY

Concrete thinking shifts to abstract reasoning and imagining outcomes of actions. But risk-taking behavior may result from feelings of uniqueness and the belief that ordinary consequences don’t apply to them.



LEARNING TO ADJUST

Bodily changes cause embarrassment. Hormonal changes lead to mood swings. Dealing with such ups and downs of teendom can cause extreme bursts of energy and periods of dreamy lethargy.

