

12 - 14 Year Old Developmental Milestones

Intellectual	• Have more ability for complex thought. • Be better able to express feelings through talking. • Develop a stronger sense of right and wrong.
Social/Emotional	• Show more concern about body image, looks, and clothes. • Focus on themselves; going back and forth between high expectations and lack of confidence. • Experience more moodiness. • Show more interest in and influence by peer group. • Express less affection toward parents; sometimes might seem rude or short-tempered. • Feel stress from more challenging school work. • Develop eating problems. • Feel a lot of sadness or depression, which can lead to poor grades at school, alcohol or drug use, unsafe sex, and other problems.
Physical	• Puberty begins. • Hormonal changes lead to facial hair and deepening voices for boys and breast development and the start of menstruation for girls.