

# Psycho-Social Development

## How Do These Changes Affect Teens?

- Teens begin to spend more time with their friends than their families. It is within friendship groups that teens can develop and practice social skills. It is important to remember that even though teens are spending increased amounts of time with their friends, they still tend to conform to parental ideals when it comes to decisions about values, education, and long-term plans.
- Teens may have more questions about sexuality. They may ask about adults' values and beliefs. They may ask how you knew it was time to have sex or why you waited.
- Teens may begin to keep a journal. Part of achieving identity is thinking about one's thoughts and feelings. Teens often begin journaling as a way of working through how they feel.
- When they are in their rooms, teens may begin to lock their bedroom doors. Locking doors is a way to establish privacy. As long as teens continue to interact with the family, locked doors are usually nothing to worry about.
- Teens may become involved in multiple hobbies or clubs. Teens' interests also change quickly.
- Teens may become elusive about where they are going or with whom. When asked what they'll be doing for the evening, teens typically reply with "nothing" or "hanging out." When asked whom they'll be with, teens reply, "just some friends."
- Teens may become more argumentative. Teens may question adults' values and judgments. When teens don't get their way, they may say, "you just don't understand."
- Teens may not want to be seen with parents in public. They may make parents drop them off a block from their friends' houses or from school.
- Teens may begin to interact with parents as people. They may ask more questions about how a parent was when he or she was a teen. They may attempt to interact with adults more as equals.