

Milestones, Childhood Development, 13 Years to 18 Years

Develops the ability to think abstractly

Is concerned with philosophy, politics, and social issues

Thinks long-term

Sets goals

Compares one's self to one's peers

Wants independence from parents

Peer influence and acceptance becomes very important

Romantic/sexual relationships become important

Has long-term commitment in relationship

Red Flags, Childhood Development, 13 Years to 18 Years

Not achieving indicated developmental milestones

Strong parent concerns

Significant loss of skills

Extreme or dramatic changes in behavior (sleeping, diet, social, emotional, academic)

Common Traumatic Stress Reactions, 13 Years to 18 Years

Increased risk taking (substance abuse, truancy, risky sexual behaviors)

Heightened sensitivity to perceived threats (may respond to seemingly neutral stimuli with aggression or hostility)

Social isolation (belief that they are unique and alone in their pain)

Withdrawal and emotional numbing

Low self-esteem (may manifest as a sense of helplessness or hopelessness)