



## Thirteen to Fifteen Year Olds

Thirteen to Fifteen year olds are in a time of transition from childhood to young adulthood. This stage varies widely from one adolescent to another. Energetic and curious, they are capable of great attention and imagination. However, as puberty occurs, children in this age group ride a roller coaster of hormones and emotions. Self-concept issues may emerge as they face a myriad of physical, cognitive, emotional and social changes. They often begin to test the moral and ethical values of the family unit. They enjoy the opinions of peers. They enjoy the social interaction and acceptance received in groups and desire independence. In addition, justice and equality become valued and may become an issue of tension within the family unit.

### *Developmental milestones:*

- Body mass and height increase.
- Attention span increases.
- Physical signs of puberty develop.
- Complexity of thought increases.
- Ability to process abstract concepts expands.
- Interest in peers heightens.
- Independence from family broadens.
- Resistance to ideas viewed as unjust or unfair increases.
- Sensitivity to physical appearance develops.
- Ability to use computers and other technology in more complex ways improves.

### *Basic Curriculum for this age group should include:*

- Higher level math including pre-algebra, algebra and geometry.
- Concepts to stimulate problem-solving and decision-making skills.
- Complex assignments requiring abstract thinking.
- Group or team assignments requiring team work and cooperation.
- Projects that allow for incremental independence and nurtured risk-taking.
- Activities that integrate technology with more traditional modes of learning.
- Applications to teach creative thinking and learning strategies.
- Hands on applications requiring active involvement in the learning process.
- Education and training regarding the physical and emotional changes of adolescence.