
I. Experiences of Growth: Physical, Sexual, Emotional, Intellectual, Social and Spiritual

Adolescence is a period of rapid growth. It begins at a different time for each person. It is part of God's plan.

- During adolescence, our bodies grow physically and develop sexually. 362, 364, 369
- Because our bodies are changing so quickly, we have new feelings about ourselves. 1764
- In adolescence our minds too are developing. It is a time of broadening the scope of our learning. We face different and more complex challenges in our thinking. 158-59
- It is a time of change in our relationships with parents, friends and others, as we strive to become more independent and build lasting friendships. 2206, 2217, 2347
- Our relationship with God changes and often deepens. We no longer take our faith and relationship with the Church for granted. 27, 33, 94, 99

Like the rest of creation, we grow and change through predictable patterns of development. But unlike the rest of creation, we have been given free will by God, and can choose to cooperate with God in our own development, or to impede growth and refuse to develop into mature human beings. 1704-05, 1707-09, 1732

God's grace and guidance lead us to maturity according to our potential and God's plan for us. 1810, 2000, 2012