

Developmental Needs of Older Adolescents – A Checklist

Program: _____

Process

1. Review your program processes and content to ensure developmental appropriateness.
 - Using developmental needs in our program's processes
 - Using developmental needs to ensure our program's content is understandable and meaningful
 - Using developmental needs as the focus of the program's content
2. After your review make adjustments in your program to enhance its responsiveness to older adolescent developmental needs.

Developmental Needs

Exploration and Experimentation

- ☐ opportunities to experiment with a wide array of behaviors, roles, attitudes, relationships, ideas, and activities as they develop their own identity and faith identity
- ☐ opportunities to explore who they are and who they can become by reflecting on self in relation to others
- ☐ opportunities for youth of ethnic cultures to achieve a positive orientation toward their own culture and white American culture; to affirm their ethnicity through observation of ceremonies, retention of native language, and reinforcement of specific attitudes, beliefs, and practices

Adult Sexuality

- ☐ opportunities to understand their sexual growth and integrate their sexuality into their own personality in a holistic way
- ☐ opportunities to develop healthy values and attitudes regarding their own sexuality

Interpersonal Relationships

- ☐ opportunities to form positive relationships and experiences with peers in a comfortable and secure environment and to develop friendship-making and friendship-maintaining skills

- ☐ opportunities to learn how to develop a relationship with parents that is reflective of their growing autonomy and utilizes new patterns of communicating

Adult Mentors

- ☐ opportunities to develop relationships with adult Christians who affirm their journey and struggles, explore sensitive issues with them, listen to their stories and questions, share their own faith journey, and ask questions that encourage critical thinking and reflection

Meaningful Roles in the Community and Society

- ☐ opportunities to participate with other older adolescents as full members and leaders in the community, society and church
- ☐ opportunities to explore, discuss, and act on local and global justice issues; to develop an active responsibility for what happens in their community and world, and to be involved in meaningful community service
- ☐ opportunities to be involved in the decision-making, planning, and implementation of programs that serve them

Preparing for the Future

- ☐ develop and practice life skills for healthy living
- ☐ opportunities to acquire the competencies necessary for adult roles, such as goal setting, problem solving, time management, and decision making
- ☐ opportunities to explore life options and plan their futures (education, career) and to help them acquire the skills, knowledge and experience for their chosen fields; to link more closely the worlds of school and work

Personal Value System and Decision-Making Skills

- ☐ opportunities to discuss conflicting values and formulate their own value system
- ☐ opportunities to gain knowledge and experience in making decisions and to apply Christian moral values in making moral judgments

Personal Faith

- ☐ opportunities to explore and question the faith they have been given by their family and the faith community and develop their own faith identity
- ☐ opportunities to explore what it means to be and live as a person of faith today
- ☐ opportunities to develop a more personal relationship with Jesus Christ