

UNDERSTANDING TEENS

Developmental Needs of Young Adolescents 13-15

1. Develop a positive self-image through understanding and accepting who they are as individuals.
2. Develop and practice life skills for healthy living.
3. Utilize their energy in creative and constructive ways.
4. Engage in caring relationships with adults who like and respect them, and serve as roles models and mentors for them.
5. Develop a deeper and more personal relationship with God.
6. Express their needs, doubts and dreams as individuals and young members of the Church.
7. Become involved as valued and contributing members of the faith community.
8. Form positive peer relationships and support
9. Express who they are on the inside (feelings, interests, abilities, thoughts) through a variety of activities

Developmental Needs of Older Adolescents 15-19

1. Explore who they are and what they can become
2. Explore what it means to be and live as a person of faith today
3. Develop a more personal relationship with Jesus Christ
4. Develop and practice life skills for healthy living
5. Develop friendship-making and friendship maintaining skills
6. Formulate their own value system and learn how to make moral decisions
7. Find ways that can make a difference in the world by exploring justice issues and engaging in meaningful service to those in need
8. Discover their gifts and talents and utilize them as contributing members of the faith community and wider community
9. Develop relationships with adults who serve as role models and mentors
10. Understand their sexual growth and develop healthy values and attitudes regarding their own sexuality