

## Developmental Tasks of Adolescence

1. Cope with puberty; develop a healthy body image
2. Develop adequate impulse control associated with the hormones related to puberty
3. Learn abstract operations – the advantages and challenges of theory of mind
4. Learn to use technology in a balanced, helpful way
5. Move away from family of origin towards independence – the ultimate balancing act
6. Move towards peer affiliation/ reciprocal friendships
7. Move towards intimate relationships involving communication, trust and sexual intimacy
8. Develop a set of positive self-evaluations re: lovability and competence
9. Develop a religious/ spiritual / personal value system – rules to live by
10. Develop a direction as to education and work
11. Reconnect with parents as fellow adults

### Risks:

Suicidality

Substance abuse

Self-injury

Eating disorder

Risk-taking behaviors

Self-defeating relationships

Isolation

Aimlessness, lack of direction