



Ages and Stages of Youth Development

Training to Go



Objectives

- Reflect on childhood experiences.
- Increase the understanding of childhood and adolescent characteristics and behaviors.
- Understand the implications of this information to our work.





Stages of Youth Development

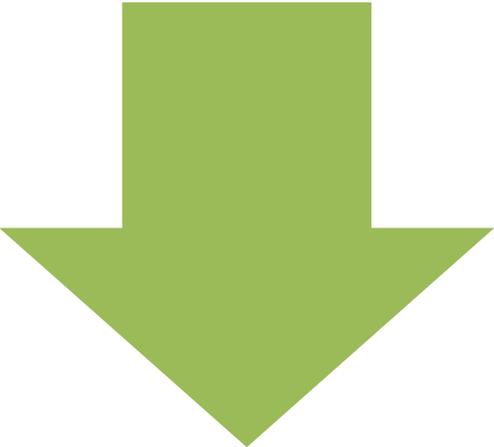
Early Childhood (5-8)

Middle Childhood (9-11)

Early Adolescence (12-14)

Middle Adolescence (15-18)

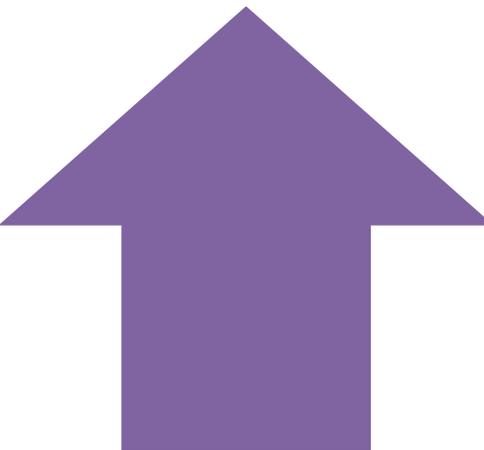
Reflect



Our
Childhood
Experiences



The Youth
We Serve





Your Childhood Experience

1. List three words or phrases that described you at [insert] age.
2. How did you feel about yourself at [insert] age?
Where do you think those feelings came from?
3. Who did you spend the most time with?
4. What things did you enjoy doing?
5. What things did you dislike doing?

Characteristics and Behaviors



“Are beginning to think more logically but still have limited decision-making ability”

“Developing a growing concern for the well-being of others”

“May be self-conscious about body image due to rapid physical changes”

“Want to be part of something important”





Discussion

1. How did you feel while sorting these behaviors/characteristics?
2. What was your strategy for determining where the pieces went?
3. Do you agree and/or disagree with where each characteristic is placed? Do they seem appropriately placed?
4. How do these compare with your own experiences?

Implement



Develop
an Activity



Share Out



Adjust and
Refine





Wrap Up



- Development is progressive, but youths will not all progress at the same pace.
- External factors, such as relationships with adults, will influence development.