Teen Development

URL of this page: http://www.nlm.nih.gov/medlineplus/teendevolution.html

Also called: Adolescent development

As a teenager, you go through many physical, mental, emotional, and social changes. The biggest change is puberty, the process of becoming sexually mature. It usually happens between ages 10 and 14 for girls and ages 12 and 16 for boys. As your body changes, you may have questions about sexual health.

During this time, you start to develop your own unique personality and opinions. Some changes that you might notice include:

- Increased independence from your parents
- More concerns about body image and clothes
- More influence from peers
- Greater ability to sense right and wrong

All of these changes can sometimes seem overwhelming. Some sadness or moodiness can be normal. But feeling very sad, hopeless, or worthless could be warning signs of a mental health problem. If you need help, talk to your parents, school counselor, or health care provider.

Centers for Disease Control and Prevention

Start Here

Overviews
- Teenagers (15-17 years of age) [http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence2.html] (Centers for Disease Control and Prevention)
- Young Teens (12-14 years of age) [http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence.html] (Centers for Disease Control and Prevention)

Specific Conditions
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/healthy_relationship_esp.html]
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/body_image_esp.html]
- Body Odor [http://www.youngmenshealthsite.org/body_odor.html] (Children's Hospital Boston)
- I'm a Guy ... So How Come I'm Developing Breasts? [http://kidshealth.org/teen/sexual_health/guys/boybrst.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/cuerpo/boybrst_esp.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/sexual/penis_esp.html] (Nemours Foundation)
- Puberty and Precocious Puberty [http://www.nichd.nih.gov/health/topics/puberty/Pages/default.aspx] NIH (National Institute of Child Health and Human Development)
  - Removing Pubic Hair (For Young Men) [http://www.youngmenshealthsite.org/removing_public_hair.html] (Children's Hospital Boston)
  - Removing Pubic Hair (For Young Women) [http://www.youngwomenshealth.org/removing_public_hair.html] (Children's Hospital Boston)
- Sexual Attraction and Orientation (For Parents) [http://kidshealth.org/parent/emotions/feelings/sexual_orientation.html] (Nemours Foundation)
- Sexual Attraction and Orientation (Girls) [http://kidshealth.org/teen/sexual_health/girls/sexual_orientation.html] (Nemours Foundation)
- Sexual Attraction and Orientation (Guys) [http://kidshealth.org/teen/sexual_health/guys/sexual_orientation.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/sexual/sexual_orientation_esp.html] (Nemours Foundation)
- What's the Right Weight for My Height? [http://kidshealth.org/teen/food_fitness/dieting/weight_height.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/cuerpo/weight_height_esp.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/sexual/voice_changes_esp.html] (Nemours Foundation)

Related Issues
- Talking to Your Doctor [http://kidshealth.org/teen/your_body/medical_care/talk_doctor.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/cuerpo/talk_doctor_esp.html] (Nemours Foundation)

Videos
- Adolescence [http://www.healthyroadsmedia.org/titles/engadolescence.htm] (Healthy Roads Media)
- Sleep Changes in Children [http://healthysleep.med.harvard.edu/video/sleep07_ferber_changes] (Harvard Medical School)

**Anatomy/Physiology**
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/sexual/female_repro_esp.html]
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/sexual/male_repro_esp.html]

**Journal Articles**
References and abstracts from MEDLINE/PubMed (National Library of Medicine)
- Article: Adolescence across the ages: a perpetual paradox is now a... [http://www.ncbi.nlm.nih.gov/pubmed/23705515?tool=MedlinePlus]

**Organizations**
- American Academy of Child and Adolescent Psychiatry [http://www.aacap.org/]
- KidsHealth [http://kidshealth.org/] (Nemours Foundation)

**Teenagers**
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/cuerpo/help_body_esp.html]

**Patient Handouts**
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/002003.htm]

You may also be interested in these related encyclopedia pages:

You may also be interested in these related MedlinePlus topics:

The primary NIH organization for research on Teen Development is the National Institute of Child Health and Human Development [http://www.nichd.nih.gov]


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