

## Adolescent Development

Traditional views of adolescent development have focused on conflict resolution (Erikson, 1968)<sup>1</sup>.

- ≈ Adolescence, like all life stages is marked by challenges
- ≈ Successful navigation of challenges leads to healthy development
- ≈ Developing a healthy identity is a function of:
  1. Feeling comfortable in one's own body
  2. Knowing where one is going
  3. Being able to successfully manipulate one's own environment
  4. Having the capacity to integrate present identifications with future aspirations in order to develop a healthy personal and social identity.

Current views of adolescent development focus on examining "the contexts in which these developments take place" (Steinberg & Morris, 2001)<sup>2</sup>. These contexts include, but are not limited to:

- ≈ Families
- ≈ Peer Groups
- ≈ Schools

Developing a healthy identity similarly involves the integration of past experiences, personal perceptions, and social norms and expectations (Springhall & Collins, 1984)<sup>3</sup>.

## Moral Development

Moral development is a component of a healthy identity and consists of four factors (Berkowitz & Grych, 1998)<sup>4</sup>.

1. Empathy; which is not only recognizing one's own emotional reactions, but understanding the emotional reactions of others
2. Conscience; an understanding and adherence to internalized standards
3. Altruism; selfless giving to others despite the expense it may cause to oneself
4. Moral Reasoning; the ability to think about and resolve moral issues

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<sup>1</sup> Erikson, E. (1968). Identity, youth, and crisis. New York: Norton.

<sup>2</sup> Steinberg, L. & Morris, A.S. (Feb, 2001). Adolescent Development. Annual Review of Psychology, 52, 111-139.

<sup>3</sup> Springhall, N. & Collins, A.W. (1984). Adolescent Psychology: A developmental view (2<sup>nd</sup> ed.). Europe: McGraw Hill Education.

<sup>4</sup> Berkowitz, M. W. & Grych, J. H. (1998). Fostering goodness: Teaching parents to facilitate children's moral development. Journal of Moral Education, 27(3), 371-391.