

# STAGES OF TEEN DEVELOPMENT FOR GIRLS: A Quick Guide

These stages vary for everyone, but each is a step toward becoming a confident, independent young woman!

## Early Adolescence (Ages 10–13)

Girls start going through big changes, both physically and emotionally. Puberty kicks in, with growth spurts, body changes (like breast development), and the start of menstruation. Emotionally, they may become more sensitive, and friendships start to play a bigger role in their lives. They're beginning to explore their identity but may still need reassurance from adults.



## Middle Adolescence (Ages 14–17)

This is when teens start asserting their independence and may push boundaries. Physical changes continue, and body image can become more important. Emotionally, they're figuring out their values and goals, and relationships—whether friendships or romantic—become more significant. Self-expression and social acceptance are key during this stage.

## Late Adolescence (Ages 18–19)

As girls move toward adulthood, they're refining their sense of self and gaining more emotional stability. They become more focused on future plans—school, careers, and independence. Relationships deepen, and they're better able to manage emotions. This stage is all about solidifying their identity and finding their path.

