

Module 5: Life Span Development
Topic 3 Content: Teens, Parents, Friends, and Identity

Introduction

Teens, Parents, Friends & Identity



During adolescence teens gradually go through relationship changes. You will help one teen better understand his relationships.



Next

During adolescence teens gradually go through relationship changes. You will help one teen better understand his relationships. Click next to get started.

Module 5: Life Span Development
Topic 3 Content: Teens, Parents, Friends, and Identity

Jake



Hi! I'm Jake. What's your name?

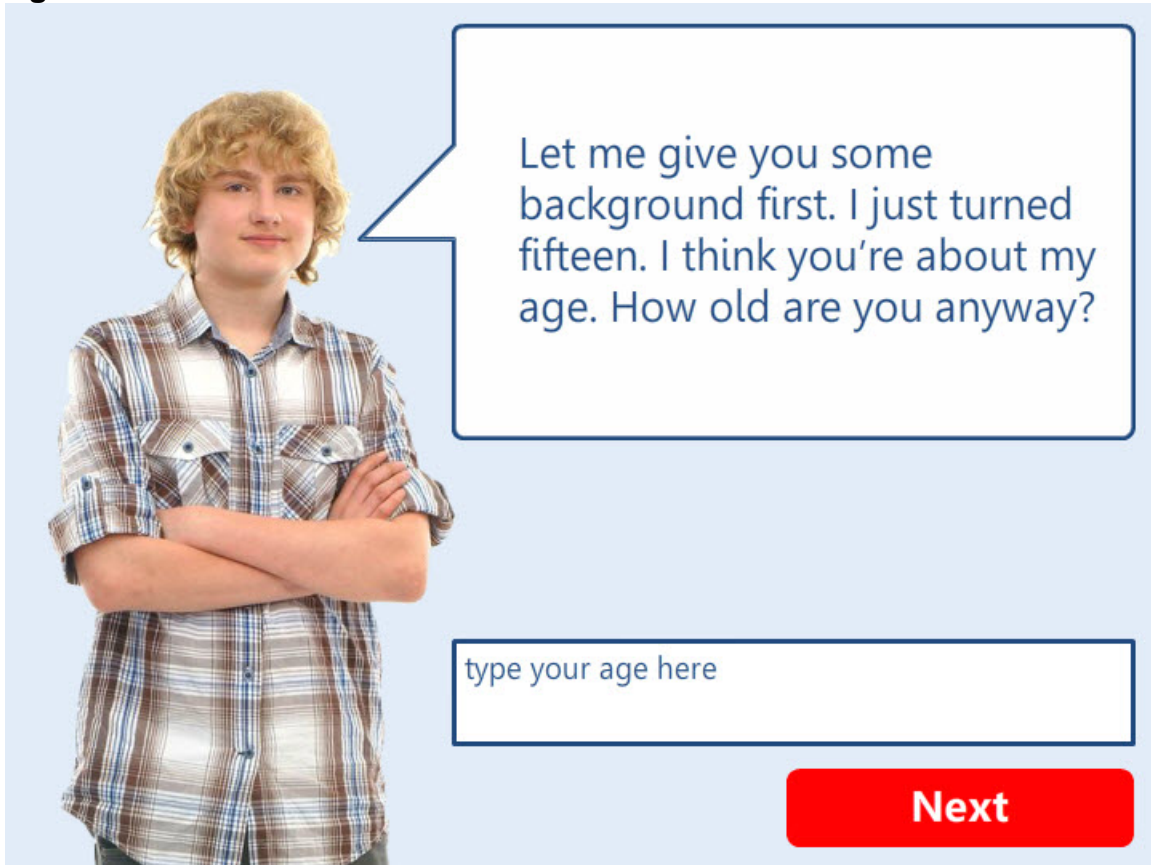
type your name here

Next

Hi, I'm Jake. What's your name?

Module 5: Life Span Development
Topic 3 Content: Teens, Parents, Friends, and Identity

Age Question



Let me give you some background first. I just turned fifteen. I think you're about my age. How old are you anyway?

type your age here

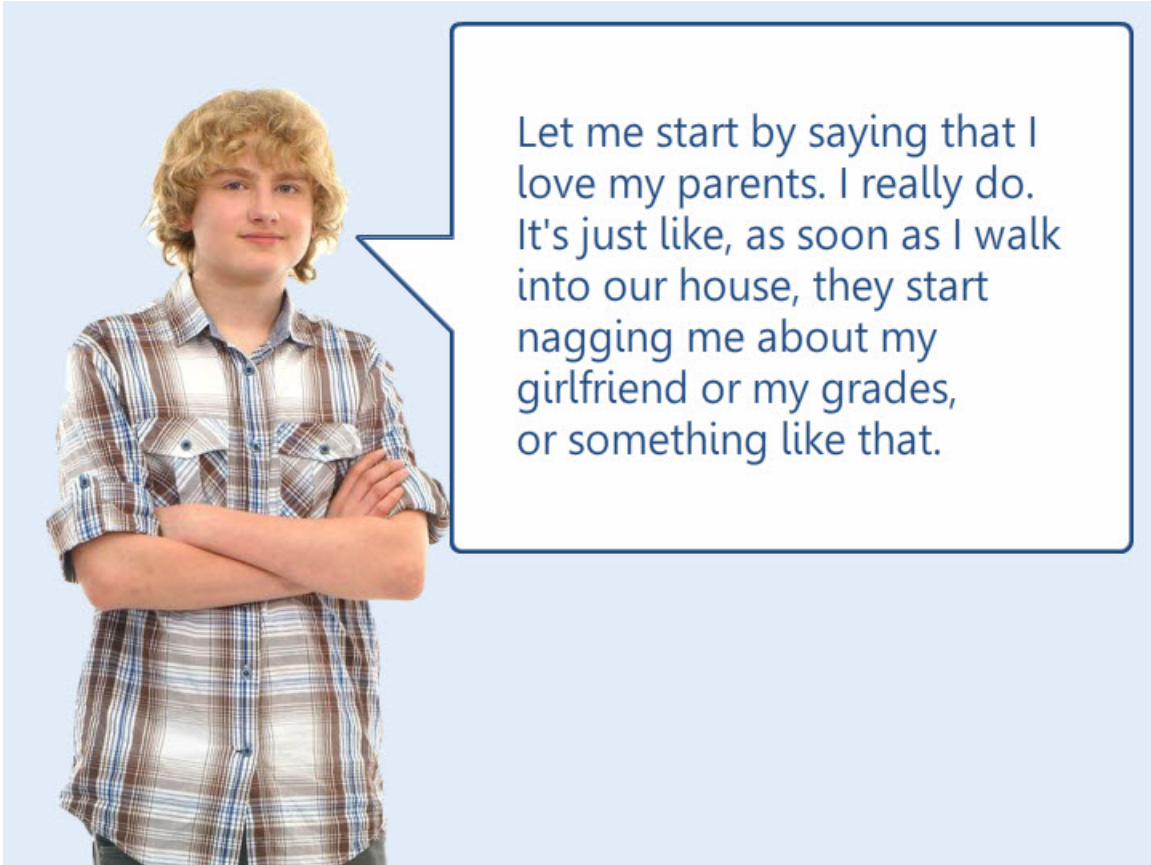
Next

Nice to meet you. I know we just met, but I really need to vent, and I you look like a trustworthy person.

Let me give you some background first. I just turned fifteen. I think you're about my age. How old are you anyway?

Module 5: Life Span Development
Topic 3 Content: Teens, Parents, Friends, and Identity

Parental Concerns

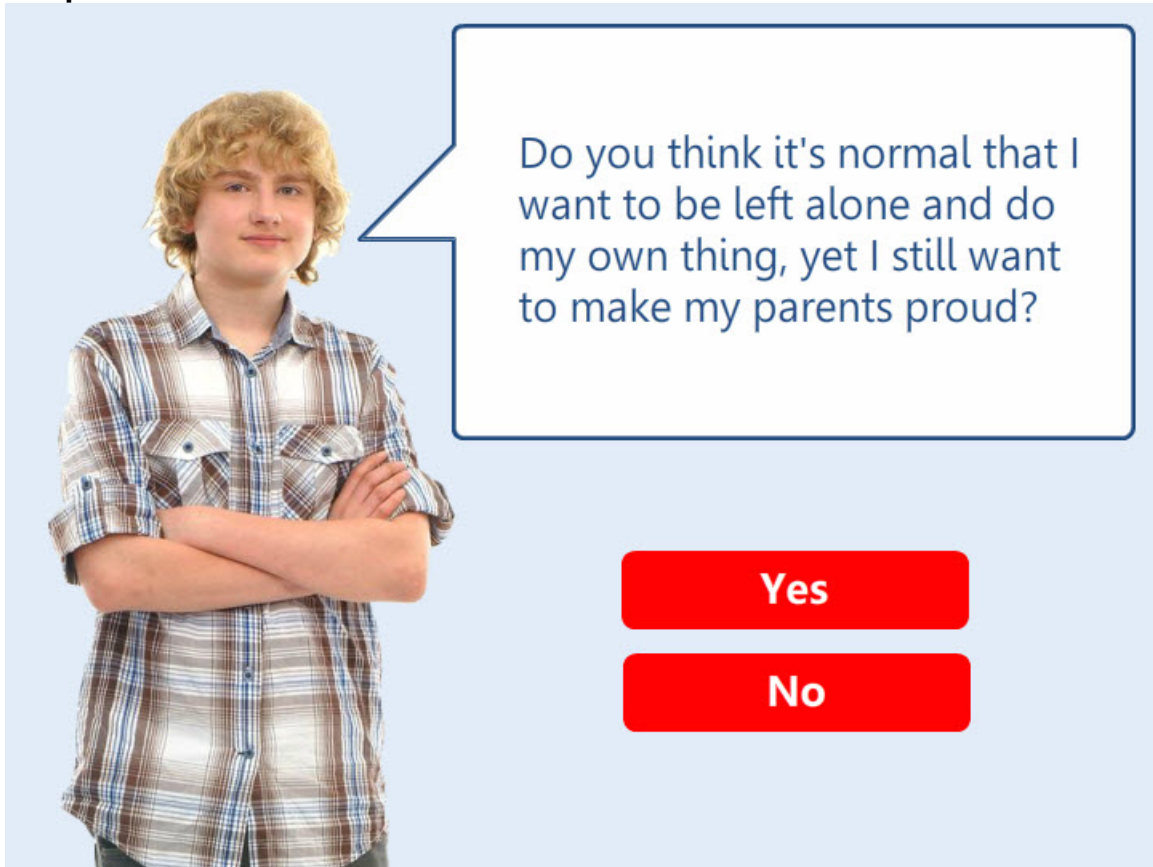


Oh, cool. That should give you a good perspective. Let me start by saying that I love my parents. I really do. It's just like, as soon as I walk into our house, they start nagging me about my girlfriend or my grades, or something like that.

They say they want to spend more time with me, but all this does is make me want to hang out in my room, or go out with my friends. Has this ever happened to you?

Module 5: Life Span Development
Topic 3 Content: Teens, Parents, Friends, and Identity

Response



Do you think it's normal that I want to be left alone and do my own thing, yet I still want to make my parents proud?

Yes

No

So you know what I'm talking about. The funny part is that I still want my parents to feel proud of me.

Do you think it's normal that I want to be left alone and do my own thing, yet I still want to make my parents proud?

Module 5: Life Span Development
Topic 3 Content: Teens, Parents, Friends, and Identity

Rhonda's Explanation

During adolescence, it is normal for teens to spend more time with friends than family, or even alone in their room. It is all part of a process toward gaining independence.



Hi, my name is Rhonda. I am a researcher who specializes in adolescent development. Jake asked you a very good question, and you answered correctly!

During adolescence, it is normal for teens to spend more time with friends than family, or even alone in their room. It is all part of a process toward gaining independence.

That being said, many teens still want approval from their parents. In fact, those who are close to their parents often transition more easily into adulthood.

Module 5: Life Span Development
Topic 3 Content: Teens, Parents, Friends, and Identity

Best Friend



Thanks for listening. Hey, I should introduce you to my friend, Jaela. We have been close for about a couple of years now, and she really helps me when I need advice. Hey Jaela! Come here. I want you to meet someone.

Module 5: Life Span Development
Topic 3 Content: Teens, Parents, Friends, and Identity

Jaela



Jaela: Hey there. It's nice to meet you! I'm Jaela.

Jake: I was just saying how close we've become over the last couple of years.

Module 5: Life Span Development
Topic 3 Content: Teens, Parents, Friends, and Identity

Connections between Friends



It may sound strange, but honestly, sometimes Jake's opinion means more than my family's. Should I feel that way?

Yes

No

Jaela: Well, you know what they say, birds of a feather and all that. It felt like so much was changing with school, with our clique of friends, and with our families. It's like Jake understood exactly what I was going through, even more than parents did.

It may sound strange, but honestly, sometimes Jake's opinion means more than my family's. Should I feel that way?

Module 5: Life Span Development
Topic 3 Content: Teens, Parents, Friends, and Identity

Rhonda's Second Explanation

The support of friends is very important during adolescence. Sometimes teens feel more comfortable sharing feelings and asking advice from friends over family members.



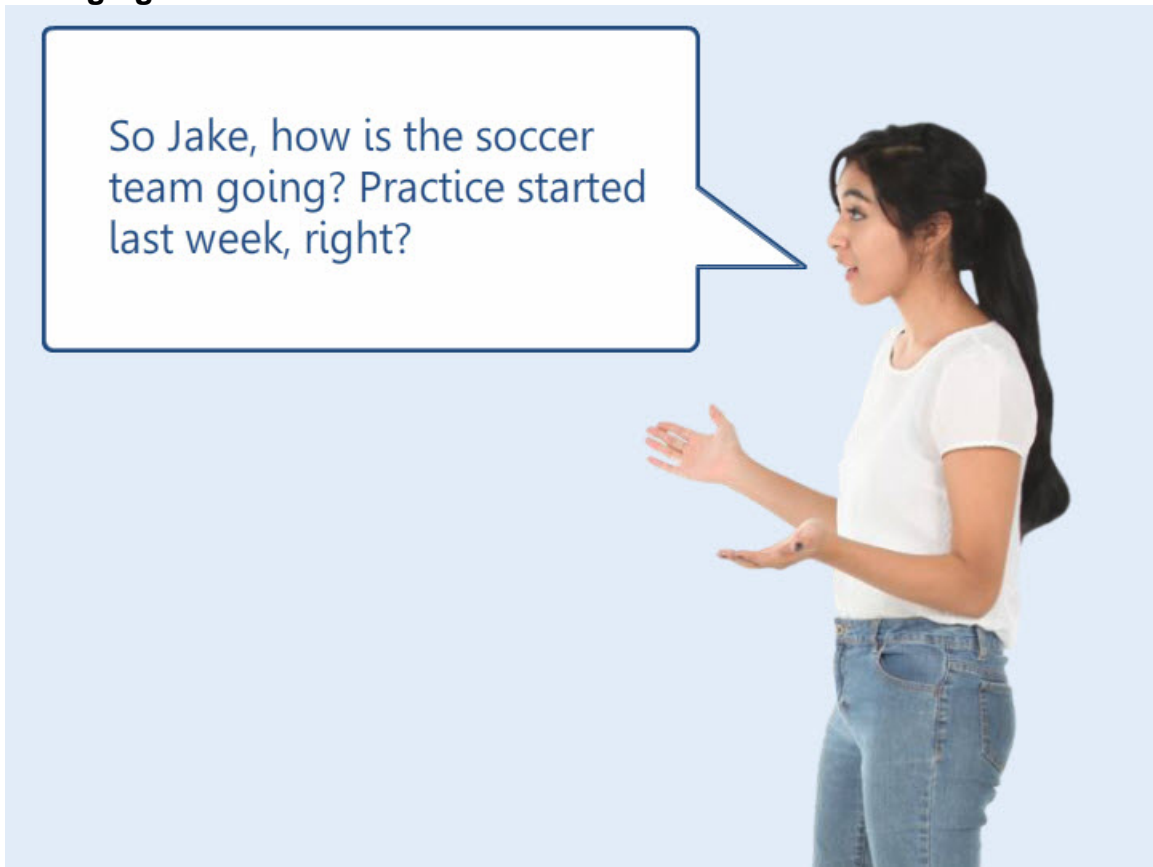
Jaela had a very thoughtful question, and you answered correctly!

The support of friends is very important during adolescence. Sometimes teens feel more comfortable sharing feelings and asking advice from friends over family members.

Close friends typically share similar attitudes, values, and backgrounds. Sometimes a large group of friends forms, which provides a sense of security while each member forms his or her own identity.

Module 5: Life Span Development
Topic 3 Content: Teens, Parents, Friends, and Identity

Changing Interests



So Jake, how is the soccer team going? Practice started last week, right?

Module 5: Life Span Development
Topic 3 Content: Teens, Parents, Friends, and Identity

Motivational Changes



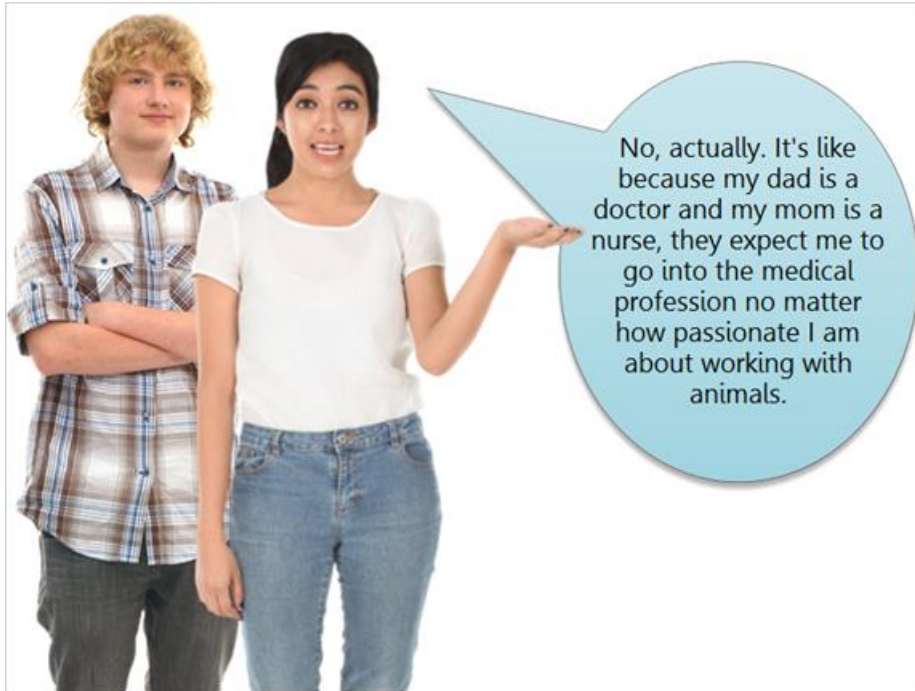
Actually, it's going great. I'm having an awesome time and it keeps my parent's happy too. I guess it reminds them that I'm motivated, you know? It's like they need constant reminders that I'm not sitting around all day.

Actually, it's going great. I'm having an awesome time and it keeps my parent's happy too. I guess it reminds them that I'm motivated, you know? It's like they need constant reminders that I'm not sitting around all day. What about you? Did your parents let you quit the internship at the hospital, so you can work at the animal shelter instead?

Module 5: Life Span Development

Topic 3 Content: Teens, Parents, Friends, and Identity

Parental Expectations



No, sadly. I can't get them to budge. They seem stuck on this idea that the medical profession is a better career choice, regardless of how passionate I am about working with animals. What should I do? I don't want to disappoint my parents, but I've always wanted to take care of animals.

Module 5: Life Span Development
Topic 3 Content: Teens, Parents, Friends, and Identity

Rhonda's Explanation for Internship Choice

Deciding on an occupational path is also an integral part of this developmental phase. If an adolescent follows a path determined by his or her parents, they may regret not making their own choices, which may lead to an identity crisis in early adulthood.



Jaela asked a tricky question that does not truly have a correct answer.

The formation of identity is the central emotional task of adolescence. Important decisions about the future may feel overwhelming, but these decisions are an essential part of developing your identity.

In fact, before teens discover their ultimate identity, they often try different "selves" or roles. For example, some of these "selves" may involve trying different fashion styles, or joining different clubs. Jake did this by joining the soccer team.

Deciding on an occupational path is also an integral part of this developmental phase. If an adolescent follows a path determined by his or her parents, they may regret not making their own choices, which may lead to an identity crisis in early adulthood.

Module 5: Life Span Development
Topic 3 Content: Teens, Parents, Friends, and Identity

Conclusion



Jake: It was great talking to you. Hopefully we can hang out sometime.

Jaela: Jake's right. You are pretty easy to talk to. It's always good to have someone you can relate to.