WHY EARLY ADOLESCENCE (AGES 10-14) IS THE SECOND MOST CRITICAL ATTACHMENT PERIOD

PHYSICAL/SEXUAL/ NEUROLOGICAL

- Puberty
- Dopamine
- Neural Reconstruction

COGNITIVE

- Concrete -> Formal Operational Thinking
- Egocentrisim
- Risky Behaviors

SOCIAL EMOTIONAL EFFICACY

- Self-worth
- Self-regulation
- Coping/Resiliency

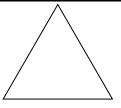


MOVING TOWARD ADULT

- Start planning for the future
- First "real" relationships
- Self-identity/awareness
- Friend activities

PARENTS

PEERS



Researchers have found that early adolescents achieve secure attachment, healthy functioning, and are most resilient when there is balance between parent and peer attachment.