

Sexual Development

12 to 18 Years Old



Age	Typical Development	Typical Sexual Development
12 to 14 years old	<ul style="list-style-type: none"> <input type="checkbox"/> Shows concern about looks and clothing (body image) <input type="checkbox"/> Begins to experience mood changes <input type="checkbox"/> Is influenced by friends (peer pressure) <input type="checkbox"/> Capable of complex thought such as: <ul style="list-style-type: none"> ○ Thinking about things in more than one way ○ Thinking about possible outcomes of actions ○ Aware of other people's thoughts and views <input type="checkbox"/> Develops sense of right and wrong 	<ul style="list-style-type: none"> <input type="checkbox"/> Spends time with people of all genders <input type="checkbox"/> Sexual curiosity (interested in sex and sexuality) <ul style="list-style-type: none"> ○ Can be directed toward celebrities/media personalities <input type="checkbox"/> May experience peer pressure to experiment with sex <input type="checkbox"/> Masturbation (touching their own private parts) may happen in private <input type="checkbox"/> Bodies begin to change: <ul style="list-style-type: none"> ○ Voice changes ○ Testicles enlarge ○ Pubic hair grows ○ Growth in height and weight ○ Hips widen ○ Breasts begin to develop ○ Menstruation (periods) typically begins
15 to 18 years old	<ul style="list-style-type: none"> <input type="checkbox"/> Interest in sexuality and body image increases <input type="checkbox"/> Less conflict with parents and caregivers <input type="checkbox"/> Independence from parents and caregivers <input type="checkbox"/> Able to form deeper more intimate relationships <input type="checkbox"/> Spends more time with friends <input type="checkbox"/> Can give reasons for their own choices 	<ul style="list-style-type: none"> <input type="checkbox"/> The child is aware of their own sexuality, and sexual feelings they have for others <input type="checkbox"/> Dating and romantic relationships are common <input type="checkbox"/> Shows affection towards others <input type="checkbox"/> Relationships change frequently <input type="checkbox"/> Sexual desires and fantasies are present and increase <ul style="list-style-type: none"> ○ Ejaculation (release of semen) when awake or sleeping can occur