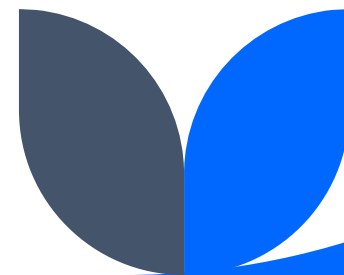


# **Spiritual and Psychological Development: Ages 13-18(Adolescence)**

Servant Meeting 3/24/2024

# Overview

- Erik Erikson Stages of Development
- Foundational Pillars of Teenage Development
- Physical, Cognitive, Social, Emotional Development
- Spiritual Ramifications
- The End of Development
- Faith over Worry
- The Great Mother and Servant St. Monica



**“I have written to you,  
young men, Because you are  
strong, and the word of God  
abides in you, And you have  
overcome the wicked one..”-**

**1 John 2:1**



**“Remember now your Creator **in the days of your youth**, Before **the difficult days come...**”-Ecclesiastes 12:1**

**“Let us hear the conclusion of the whole matter: **Fear God and keep His commandments**, For this is man’s all.”  
Ecclesiastes 12: 13**



# Erikson's Psychosocial Stages

Stage	Crisis	Description
<b>Infancy</b> (0 - 1 year)	Trust vs. Mistrust	Children who are treated with consistent love and care and have their needs met by their parent they should develop the capacity for trust.
<b>Early Childhood</b> (2 - 3 years)	Autonomy vs. Shame and Doubt	Children should be encouraged to exercise free will and try out new skills. Discouragement (or lack of encouragement) may lead to sustained self-doubt.
<b>Play Age</b> (4 - 6 years)	Initiative vs. Guilt	Children should be encouraged to be independent. If a child's independent initiatives and play activities are overly controlled, they may develop sustained guilt.
<b>School Age</b> (7 - 12 years)	Industry vs. Inferiority	A sense of industry is a desire to be creative and productive. A school child should be encouraged in their creative and productive endeavours. If belittled for incompetence, a sense of inferiority may set in.
<b>Adolescence</b> (13 - 18 years)	Identity vs. Role Confusion	Young people seek a sense of self and their place in the world. If they feel they lack a sense of belonging to any identity group, they may develop uncertainty about their identity that lasts into adulthood.
<b>Young Adulthood</b> (Early 20s)	Intimacy vs. Isolation	Young adults commit their efforts to developing intimate relationships with significant others. If they are unsuccessful, they will develop a sense of isolation.
<b>Adulthood</b> (Late 20s - Late 50s)	Generativity vs. Stagnation	Generative adults contribute to society and the raising of future generations through parenting. Self-absorbed adults stagnate and fail to contribute to the flourishing of their societies.
<b>Old Age</b> (60s onward)	Ego Identity vs. Despair	As people enter their twilight years, they reflect on their contributions to society. Those dissatisfied with their lives will develop a sense of despair as they face the looming end of their lives.



# Ages 13-18 Development

- Role of Transition: Child into an Adult
- Four Main Pillars: **Independence, Body Image, Peer Relations, Identity**
- Things to be Mindful of:
  - Alcohol and Drug use
  - Safety, Impulse Control (Safety in all domains, Car Safety, Internet safety, Role of Sin and Impulse)
  - Sexual Purity and Dating (Role of Passions and Desires)
  - Role of Peer Pressure
  - Long Term Consequences of Sin and Harmful Behaviors





# Physical Development

- Many Physical Changes
- Be **attentive to your child's feelings**
- Peers, as well as **images in the media**, can negatively impact your child's body image, so be sure to stress the **importance of being healthy and discuss the unrealistic and unattainable images he or she sees.**
- Union of Body and Spirit (Incarnation)
- Infuse in them **Positivity** and **Confidence** in how God created them

(NorthShore, Endeavor Health, Ages and Milestones)



# Cognitive Development

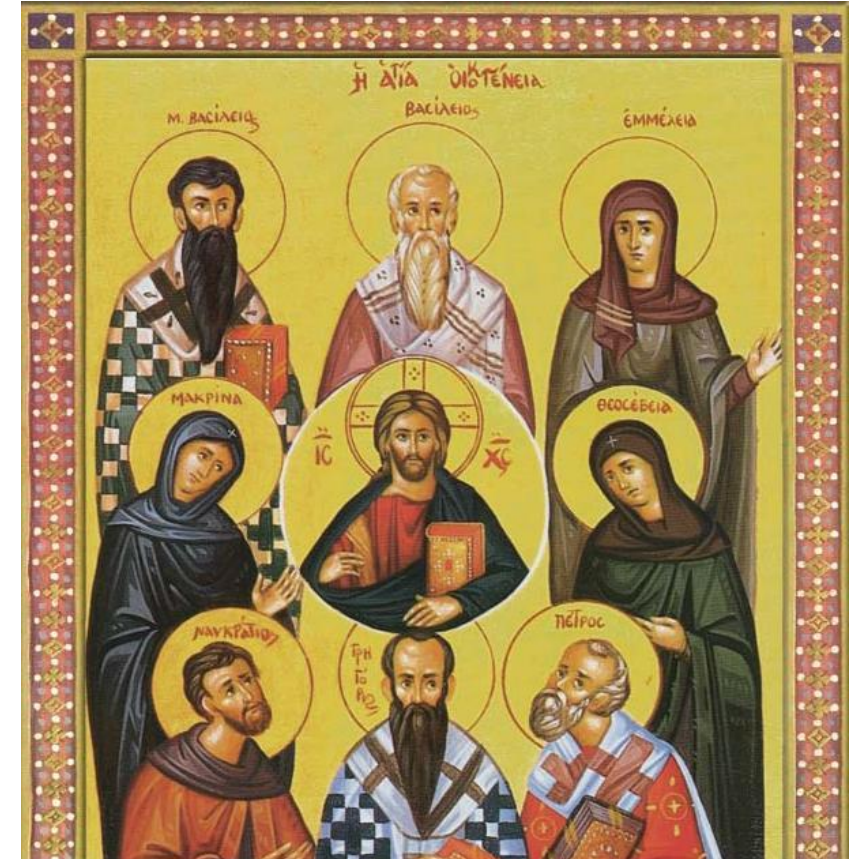
- By age 13 Children will understand and think more about **the long-term effects of his or her actions.**
- Actions have Consequences. Sin has Consequences that affect us throughout our lives.
- Issues as less as **“black and white”**, begin to think **more in depth and abstract.**
- Continue to build in depth study spiritually on Scripture, the Fathers of the Church.
- Do not shy away from complex theological and spiritual topics
- Spiritual Life is a **Marathon not a Sprint.** Values of **Perseverance, Endurance, Longsuffering, Resilience**
- **involving your teen in household decisions and rules**, as well as by helping your **teen to set concrete and achievable goals.**
- Apply this Spiritually, Begin to implement Self Directed Goals Spiritually and Responsibilities (Pre-Servants, etc)





# Emotional and Social Development

- More **Independence** and may seek to spend less time with the **family**.
- Some children will become more **sensitive** and **desire more privacy**.
- Friends may also replace family as closest confidantes and sources of advice.
- While you should respect your teen's desire for independence, **make sure to keep him or her included and involved**.
- Family support remains **invaluable even if he or she is reluctant to have it**.
- Teen's emotions can often change rapidly during development.
- As your teenager tries to figure out his or her own identity, emphasize that these changes and experiences are normal.



# Spiritual Ramifications



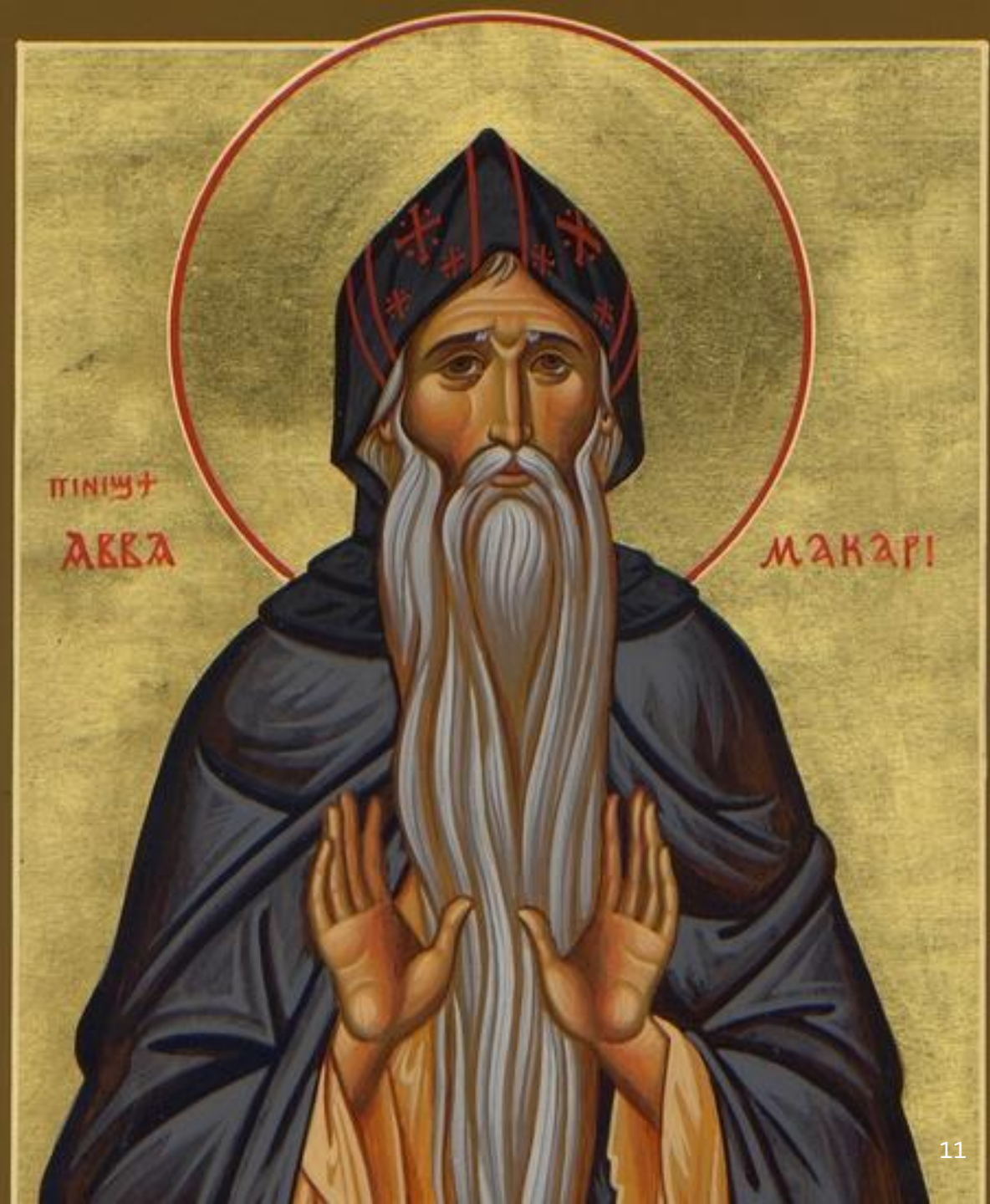
- According to research, **spiritual and religious teens are more likely to have a positive self-image and feel a sense of belonging** (Lerner, et al., 2008).
  - Studies have found that **participation in religious activities makes teens less likely to engage in risky behaviors like alcohol and drug abuse** (Smith & Faris 2002).
  - Likewise, **relationships with parents and family members tend to be stronger when teens are spiritual or religious** (Roehlkepartain et al., 2006).
  - Other benefits to teens (and their parents) include:
    - greater sense that life **is meaningful and purposeful**
    - lower **anxiety and stress**
    - more **positive social interactions with friends**
    - more friends who are **positive influences**
    - greater success in future stages of life**
- (The Center for Spiritual Development in Childhood and Adolescence, n.d)

**\*Importance of being surrounded by the Church and its community**



# When does development end?

- Just the Beginning
- Most Brain Development does not End till around Age 25
- College, Early Adulthood, Middle Age, Marriage, Elderly
- The Christian is **ALWAYS** in a State of Development
- “Therefore we do not lose heart. Even though our outward man is perishing, **yet the inward man is being renewed day by day.**”- 2 Corinthians 16
- Departure of Saint Macarius Against the Demons





# The Importance of Faith

- Avoiding **Intense Worry**; Do not let the Sins of the World instill you with fear
- **Vigilance vs Hypervigilance (1 Peter 5:8)**
- The peace of the parent/servant has an effect on the child
- Discipline with Love with Reassurance
- Do not take on what is God's responsibility as yours
- Do what you can wholeheartedly, and leave the rest to God
- None of us are Experts!
- Strengthening of Faith
- **“Pray as if everything is in God's hands and do as if everything is in your hands”- Saint Augustine**



# Saint Monica

- Very Difficult Husband
- Augustine was sick and she pleaded to baptize him, he permitted it and then recanted
- Single Mother (Augustine was 17 years old), Difficult and Complex Child who lived sin, and had a difficult development
- St. Ambrose **"the child of those tears shall never perish."**
- Faith and Prayer
- End Result: Saint Augustine one of the greatest writers and saints, Example of Repentance
- **"If I am Thy child oh God it is because Thou gavest me such a mother."** – Saint Augustine
- As much as we talk to our children about God, **never neglect talking to our God about our children** (Faith, Prayer, and Tears)
- **Every Parent (especially Mothers) and Servants who have complex and difficult teenagers should ask for the intercessions of St. Monica!**



# Final Thoughts

- Serve and feed teenagers based on the foundational principles of development of this Age
- The importance of **Independence, Identity, and Spiritual and Family Support**
- Faith Faith Faith-**God ultimately is the one who will raise our children**
- Do our part, and God will complete the rest
- When things are difficult remember St. Monica and her virtues
- **Everything will be okay!**





# Resources

- Coptic World Kids Youtube
- Holy Pimoly
- Bible Picture Books Fr. Tadros Yacoub Malaty
- Bible Pictures
- Photo Saint Books
- Mission Bible Class
- The Science of Adolescent Learning and Growing
- <https://edis.ifas.ufl.edu/publication/FY1228>, UF/AskIFAS, [Helping Your Teenager Discover Spirituality](#)
- NorthShore, Endeavor Health, Ages and Milestones
- Southern Diocese Sunday School Curriculum
- VeryWell Mind, Kendra Cherry, MSED (Psychosocial Development Guide)
- CDC Developmental Milestone Checklist
- “Simply Psychology Attachment Theory in Psychology”- McLeod
- “Ages and Stages”- Schaefer
- “Raising Them Right, A Saint’s Advice on Raising Children”-Theophan the Recluse