

Ages & Stages: Adapting for Intermediates

Typical social
behaviors for
11-13 yr-olds

**How they
Act**

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Strategies to
support
social
development
of
11-13 yr-olds

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Typical
cognitive
behaviors for
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**How they
Learn**

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Social Characteristics of 11-13-year-olds:

- Developing their self-identity
- Self-conscious because of puberty & the concept of self-image
- Wants more freedom from parental control and the power to make some of their own decisions
- Exploring different roles (leader, participant)

Supporting social development of 11-13-year-olds:

- Engage youth in healthy discussions about self-image and puberty
- Encourage youth to talk about different roles and the status we attach to these roles.
- Give youth the opportunity to plan, implement & evaluate 4-H activities.

Cognitive Characteristics of 11-13-year-olds:

- Enjoys exploring ideas (abstract or virtual)
- Challenges norms, questions what is right and wrong, reasons, etc.?
- Learns best when new ideas are linked to their interests
- Able to multi-task
- Able to plan a whole event (with supervision)

Supporting cognitive development of 11-13-year-olds:

- Engage teens in County & District Council, teams, events, & projects
- Encourage teens to identify their sparks & further explore them through project work
- Empower youth to lead and plan a wide range of activities

These flashcards were developed by
Dr. Heather C. Kent, 4-H Regional
Specialized Agent for the Northwest
Extension District.

You can print them two-sided, cut them
out, and keep them on a lanyard for quick
reference.

For more tips and strategies for working
with Juniors and other age groups, visit
the 4-H in the Panhandle Blog.

<https://nwdistrict.ifas.ufl.edu/4hn/>