Ages and Stages of Youth Development

Keep these aspects of youth development in mind as you plan activities.

5-8
Early Childhood “Cloverbuds”
- 20 min. attention span
- Participation > Winning
- High energy
- Concrete thinkers
- Active learners

9-11
Middle Childhood “Junior 4-H’ers”
- Attachment to older youth
- Loyal to same-sex peers
- 45 min. attention span

Begin planning social activities

12-14
Early Adolescence “Junior/Senior 4-H’ers”
- Make unrealistic choices
- Self-conscious
- Make own decisions with guidance

15-18
Middle Adolescence “Senior 4-H’ers”
- Drive for social acceptance
- Abstract thinkers
- Leaders emerge

ALL AGES
- Variety of experiences
- Strong positive mentoring
- Safe opportunities to try, fail, and try again


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