



CPRI

SEXUAL BEHAVIOUR TEAM

Promoting Safety and Sexual Health

Your Teen's Development

Physical Development

- Continue to experience body changes related to puberty. Generally, males develop about 2 years later than females.
- Menstruation usually occurs in females by age 16.
- Ejaculation usually able to occur in males by age 15.

Developmental Changes

- Begin to feel the need to assert independence and make decisions on their own.
- More focused on appearance.
- Start to think about the future, however may have difficulty appreciating that decisions made now can affect their future.
- Begin to define own personal values based on a combination of family, peer and societal values.
- May feel alone; that other people just don't 'get' them and that no one has ever experienced what they are going through.

Normative Sexual Behaviours

- Very interested in sexualized media.
- Masturbation for pleasurable sexual feeling.
- Significant modesty regarding own nudity and sexual behaviour with family members and adults; may be much more relaxed and immodest with friends.
- Sexual language and jokes with peers.
- Sexual innuendo and flirting, wanting to date.
- Sexual courtship behaviours (increase in consensual kissing, sexual touching, and intercourse with peer-aged partners throughout this time span).
- May experiment with individual of the same or opposite sex. This is not necessarily indicative of sexual preference.
- Feeling pressured by peers to engage in sexual activities.



Information on physical and developmental changes adapted with permission from calgaryhealthregion.ca
Information on normative behaviour from CPRI Sexuality Education Manual