



DEVELOPMENT: 10-12 YEARS OLD

- Preteen or Tween stage
- Brain development:
 - Lacks impulse control and huge influence by amygdala
 - Able to think in abstract terms- what “could” or “might” be rather than absolutes

DEVELOPMENT: 16-18

- Are not adults when they turn 18
- Proficient at metacognition
- Still need 8-10 hours of sleep but typically get 7 or less: sleep zombies

EGOCENTRISM IN 13-18 YEAR OLD'S

- Most obvious and well known trait about this stage
- They are introspective and self conscious
- Naturally self-absorbed- social media only encourages this
- Imaginary Audiences
- Personal Fables

RECOMMENDATIONS: 10-18 YEARS OLD

- No official APA recommendation
- 10-12 yo: 1-2 hours a day
- 13-15 yo: about 2 hours a day
- 16-18 yo: 2-3 hours a day
- Adults: 3-4 hours a day
