



Understanding Your Teenager

More information can be found at
justaphase.com or in the book *IT'S JUST A PHASE
SO DON'T MISS IT* by Reggie Joiner and Kristen Ivy

Phase: 7th-8th Grade

- Nothing you do is cool
- Everything is fun in a crowd
- Most common phrase in this phase is “Yeah . . . I know”

Phase: 9th Grade

- Friendships shift and grades count
- Interests change often
- New academic reality

Phase: 10th Grade

- Independence
- Blend of skepticism and new discoveries
- Start asking “Why?”

Phase: 11th Grade

- There is less drama
- More stress. Phase in one word: accomplish
- Hard to keep up “Just trust me”

Phase: 12th Grade

- Your emerging adult begins to pull away
- Year is full of last times
- Greatest question is “What’s next?”



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Parents' Panel

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