In the area of **Physical Development**, young adolescents:

- Experience rapid, irregular physical growth
- Undergo bodily changes that may cause awkward, uncoordinated movements
- Have varying maturity rates, with girls tending to mature one and one-half years earlier than boys
- May be at a disadvantage because of varied rates of maturity that may require the understanding of caring adults
- Experience restlessness and fatigue due to hormonal changes
- Need daily physical activity because of increased energy
- Develop sexual awareness that increases as secondary sex characteristics begin to appear
- Are concerned with bodily changes that accompany sexual maturation and changes resulting in an increase in nose size, protruding ears, long arms, and awkward posture
- Have preference for junk food but need good nutrition
- Often lack physical fitness, with poor levels of endurance, strength, and flexibility
- Are physically vulnerable because they may adopt poor health habits or engage in risky experimentation with drugs and sex