



## **Normal Development: 10 Years Old**

### **Physical Development**

- Physical growth and development varies enormously among this age group
- Is energetic and spirited
- Is usually awkward
- Strives to be physically fit
- Is fascinated with how the body works
- May be curious about drugs, alcohol, and tobacco
- Continues to revel in bathroom humor

### **Emotional Development**

- Fluctuates between dependent child and independent pre-teen
- Becomes increasingly self-conscious

### **Social Development**

- Seeks approval for being “good” from significant people
- Becomes preoccupied with the opposite sex
- Relates to peer group intensely and abides by group decisions
- Succumbs to peer pressure more readily
- Does not want to be “different”
- Continues to participate in small groups of same sex
- Confides constantly in best friend
- Can be fickle

### **Mental Development**

- Is eager to learn and master new skills
- Is proud of doing things well
- Is concerned about personal capabilities
- Has internalized standards of right and wrong to some degree

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child’s development. While certain attitudes, behaviors, and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each age is normal. These guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. Keep this in mind as you review these milestones. If you have any concerns related to your child’s own pattern of development, check with your pediatrician or family physician.

Written by Donna Warner Manczak, Ph.D., M.P.H. and Robert Brayden, M.D. This content is reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.

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# The Injury Prevention Program (tipp)

## FROM 10 TO 12 YEARS

### Framingham Safety Survey

Name: \_\_\_\_\_ Date \_\_\_\_\_

Please X through one answer for each question:

1.	Do you ever use guns?	Yes	No	
2.	Do you have smoke or fire detectors in your home?	Yes	No	Don't know
3.	Do you ever ride with passengers on your bike?	Yes	No	No bike
4.	Do you wear a helmet when you ride your bike?	Yes	No	No Bike
5.	Do you wear a seat belt in the car?	Always	Sometimes	Never
6.	When you want to cross the street, what is the first thing you should always do?	Stop at the curb or edge of road	Step into the street	
7.	When playing near water (for example, rivers, ponds, lakes, oceans), is it OK to play alone?	Yes	No	
8.	Do you live or work on a farm?	Yes	No	

