



17 to 18 yo
framework

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Framework

17 to 18 Year Olds

The human being was created in the image and likeness of God. We are brought to this earth to enjoy God's immense love in His beautiful creation. It is because of this that we are capable of learning from life: we need to experience, explore, and use our whole bodies, minds, and souls, to develop skills, learn concepts, and live a virtuous life that will lead us to our Creator.

Children are God's special blessing to us and the world, brought with particular gifts and a unique mission. Not only that, but they will become the people who run tomorrow's world. The roles will revert and its them whom will end up taking care of us. It is important to understand that even though they need to learn to live in this world, it is in our hands to educate our kids and lead them to the ultimate goal: Heaven. With that being said, we want them to have a wonderful life here on Earth, while trying to be out-of-this-world at the same time.

To help them become well rounded people, we need to educate the whole being, in its many areas: spiritual, social, emotional, communicational, executional (motor), and expressional (play). These can only grow if we expose our children to varied experiences to encourage the development of particular skills.

Here is a small chart with the areas and most important skills I think are important for each stage of your young-adult teen. This is by no means an exhaustive tool, nor am I a doctor or expert curriculum developer, so if you are worried about your child, please consult with your health provider or ask for insight from their primary caregiver. In the same way, every person is unique and everyone develops at a different pace, so don't take this (-or any other) tool as the law and the only way things need to happen and be.

Finally, everything in this document is thought from what the kid does, and not what the adult needs to do. Since learning is in reference to the learner/student/child; and teaching is in reference to the teacher/guide/adult, in here you will find mostly child-centered information.

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	17 year olds	18 year olds
Spiritual	<ul style="list-style-type: none"> Recognizes existence as a gift from God to get to Him. 	<ul style="list-style-type: none"> May question their beliefs
Social & Emotional	<ul style="list-style-type: none"> May feel confident and excited about adulthood. May feel lost and confused about pending adulthood. Develop strong and oftentimes life-lasting relationships. Growing and pursuing interests related to sexual development. 	<ul style="list-style-type: none"> Mixed feelings of excitement, anxiety, fear, and eagerness about what the future holds: future studies, jobs, parties, own home, relationships, family, etc. Feelings of self sufficiency towards family, but showing "newbie" demeanor to others. Considered adults in most states in the U.S. meaning they can vote, sign documents, and join the military. They are even able to drink alcohol in many other countries.
Physical	<ul style="list-style-type: none"> Past puberty and fully developed as adults. Although, some males who started developing later may still be experiencing puberty changes. Reached adult height (although some studies indicate growth does not stop until age 21). 	<ul style="list-style-type: none"> Motor skills consolidate after the wreck that puberty does to the body. Fewer hormonal changes and fluctuation, so less moodiness and better communication.
Cognitive	<ul style="list-style-type: none"> Young adults are able to communicate as adults, but they won't inquire about doubts or voice opinions that seem to go against everyone's beliefs. May speak in absolutes, which will need to be challenged to promote critical thinking. 	<ul style="list-style-type: none"> Brain functions almost like adult brains do (brain does not stop developing until age 25 and they are able to set goals, plan for them, and achieve expected results.
Well Being	<ul style="list-style-type: none"> Takes on new responsibilities (jobs, driving, staying home alone for the night...) Understands adult life and what it entails (homemaking, spiritual, social, and professional survival skills). 	<ul style="list-style-type: none"> Encouraged to keep an open communication with parents and seek help and guidance when needed.

How can you help your young adult?

Spiritual Area

1. Help them answer their doubts and encourage them to question things so they can have a solid understanding.
2. Share spiritual experiences.

Social & Emotional Area

1. Help them plan and brainstorm for their goals and future plans.
2. Talk to them about risks at this age: alcohol, drugs, driving, sex, gangs, etc.
3. Encourage and instill confidence in themselves and their skills to survive and thrive in adulthood

Physical Area

1. Encourage plenty of sports and health goals so they have a physical activity plan once they are out of schooling years.
2. Praise their bodies and remind them they are temples for the Holy Spirit.
3. Help develop healthy eating habits and plans for adulthood.

Cognitive Area

1. Ask questions, model how to solve doubts, how to ask for clarification, etc.
2. Promote critical thinking by providing different scenarios and discussion world news and issues.

Well Being Area

1. Prep, prep, prep. Help them live like adults while still under your roof and guidance: encourage them to get part time jobs, manage money, run a household, take care of others, be responsible for their work and actions, etc.
2. Keep an open communication from a place of caring and not of controlling.
3. Offer advice, share experiences...
4. Talk about alcohol, drugs, sexual activity, driving, and everything else that could pose a risk for your kid in their own adulthood context.



As parents and caregivers, we want the very best for our children. We may not be perfect, but we can strive for perfection by doing everything in our power to lead their little souls to Heaven and prepare them for when they are in charge of their journey and the one of their own families when they have them.

The key is to know the main objective, and organize everything else needed to achieve it, under it.

