The UCLA Center for the Developing Adolescent evaluates and synthesizes up-to-date research in developmental science and helps amplify the efforts of youth-supporting organizations by sharing this research in the following ways:

- Presentations & panel discussions
- Workshops & webinars
- Working papers & briefs
- Monthly newsletters
- Social media & informational graphics
- Podcast—Adaptivity: The Science of Adolescence

Our adolescent years—from around age 10 to about 25—are a period of remarkable growth and opportunity.

We discover, learn from, and adapt to the world around us, forging our sense of who we are and who we aspire to be.

We learn to make decisions, manage our emotions, and create deeper connections with peers and others in our communities.

We also build resilience and develop interests, passions, and meaningful goals that shape our adult lives.

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