EXPLORATORY LEARNING during ADOLESCENCE

Looking for SPARKS
- what interests them?

STRETCH new opportunities

COMMUNITY!
- help build capacity
- local
- greater

POSITIVE PEER PRESSURE
- self-governing

SKILL BUILDING

BE A SPARK

CHAMPION

RELATIONSHIPS are difficult

They need PRACTICE (safety + risk)

switch positive to negative quickly

amp up sense

Searching for who they are

SELF TO BE CONNECT

admire when they are stretching

what feels true?

roleplaying

risk taking

teachable moments

So we can do better

How do we SUPPORT youth who ARE TOLD THEIR IDENTITIES DON'T MATTER?

I did that!

Oops.

Ouch.

UCLA Center for the Developing Adolescent