

Experiences that Support Positive Development During Adolescence



UCLA
Center for
the Developing
Adolescent



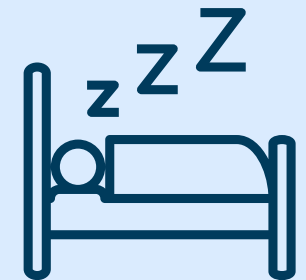
Healthy ways
to try
new things
and explore
the world.



Opportunities to
contribute to
others.



Healthy
relationships
with parents
and other
caring adults.



Regular and
sufficient
sleep

From the UCLA CDA resource,

"Adolescence: A Critical Window to Influence Youth Mental Health"