



UCLA
Center for
the Developing
Adolescent

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Bestselling author Barbara Natterson-Horowitz Guest Stars on Science of Adolescence Podcast

The author and anthropologist Rachna Reddy explain how field studies of other species can illuminate aspects of our own pre-teen and teenage years

LOS ANGELES, Calif., December 18, 2022—*Adaptivity: The Science of Adolescence*, the podcast from the UCLA [Center for the Developing Adolescent](#), explores adolescence across the animal kingdom through interviews with two experts: bestselling author and evolutionary biologist Barbara Natterson-Horowitz and anthropologist and primatologist Rachna Reddy.

In this latest episode, “Epic Journeys: What We Can Learn from Adolescence Across Species,” host Dr. Ron Dahl, Director of the Institute for Human Development at UC Berkeley, talked with Dr. Natterson-Horowitz and Dr. Reddy about how their observations in field studies have deepened understanding of the years between childhood and adulthood as a unique developmental phase in the life course of many species.

“Both Barbara and Rachna described the importance of high-stakes social learning during adolescence, using remarkable examples ranging from chimpanzees to hyenas,” said Dr. Dahl. “Their research-based exploration of this period of development across species is advancing understanding of both similarities and differences—in ways that may provide new insights into some aspects of *human* adolescence.”

Dr. Natterson-Horowitz is a visiting professor in the Department of Human Evolutionary Biology at Harvard university, a professor of medicine at UCLA, and the co-author of two *New York Times* bestselling books, [Zoobiquity](#) and [Wildhood](#).

Dr. Reddy is a biological anthropologist and primatologist and a research associate in the Department of Human Evolutionary Biology at Harvard. Her most recent paper, “[Puberty initiates a unique stage of social learning and development prior to adulthood: Insights from studies of adolescence in wild chimpanzees](#),” co-written with Dr Dahl and colleague Aaron Sandel, provides insights from her years of observations in field studies of wild chimpanzees in Uganda.

To hear the episode featuring Dr. Natterson-Horowitz and Dr. Reddy, visit adaptivitypodcast.org or listen on [iTunes](#).

About Adaptivity

Adaptivity explores the science of adolescence, untangling misconceptions about the years between childhood and adulthood. *Adaptivity* is a joint project from UC Berkeley and the UCLA Center for the Developing Adolescent.

About The Center for the Developing Adolescent

The Center for the Developing Adolescent works to equitably improve adolescent health, education, and well-being. We do this by building bridges between research, programs, and policy.

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