

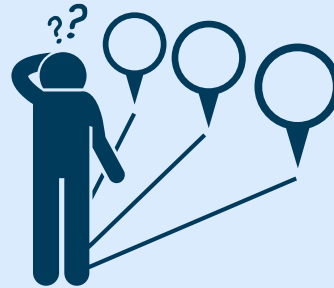
# KEY DEVELOPMENTAL NEEDS OF ADOLESCENCE



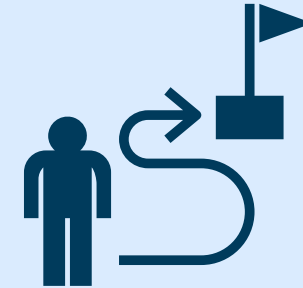
**UCLA**  
Center for  
the Developing  
Adolescent



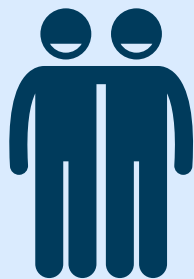
**Safe and satisfying ways to explore the world and take healthy risks to test out new ideas and experiences**



**Real-world scenarios in which to build decision-making and emotional regulation skills**



**Avenues to develop a sense of meaning and purpose by contributing to peers, families, and communities**



**Positive ways to earn respect and social status among peers and adults**



**Experiences that help define personal values, goals, and a positive sense of identity**



**Warmth and support from parents and other caring adults**