KEY DEVELOPMENTAL NEEDS OF ADOLESCENCE

- 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

Read more about the Core Science of Adolescence by visiting: developingadolescent.semel.ucla.edu/core-science-of-adolescence