

# Portrait of a Thriving Youth

## Tips & Resources for Healthcare Providers:

The following resources and developmentally aligned questions guide healthcare providers in building trust and supporting adolescents in their health and well-being.

Use these questions to show care, foster open dialogue, & strengthen connections with your adolescent patients.



### ▶ Health

Mental & physical health are inextricably linked to rapid development in the brain, body, & hormones.

### ▶ Cognition

Cognitively, youth are learning to think critically, reason, plan, set goals, & make good decisions.

### ▶ Identity

Identity, which includes a sense of values, belonging, & social contexts, is key for mental health/well-being.

### ▶ Meaning & Purpose

Meaning & purpose means youth are primed for developing a sense of how they contribute to the world.

### ▶ Emotion

Youth are learning to identify, process, & regulate emotions, they may experience more extreme highs & lows.

### ▶ Social

Social development includes friendships as well as romantic relationships, & navigating diverse social contexts.

**Tell** me about your daily life (sleep/ nutrition/exercise/ mood/ activities).

**What** is most important to you & your health?

**Do** you have any passions, hobbies, or interests that help to define who you are/who you'd like to become?

**How** can your health/ healthcare support your goals?

**How** do you feel about the health plan we have talked about today (e.g., anxious, excited, confused, scared)?

**Tell** me about the important people in your life (peers, adults). What activities do you enjoy with your friends?

## Want More Information?

Read the AAP [Statement on the Unique Needs of Adolescents](#). Also, learn about how plasticity makes adolescents especially attuned to their environment, which can mitigate risk & [promote positive development](#).

Learn about [screening for adolescents](#) and [1-on-1 time for Adolescents & Pediatricians](#).

Read about supporting the health care transition from adolescence to adulthood from [AAP](#) and [Got Transition](#), a program of The National Alliance to Advance Adolescent Health (NA).

Learn more at:

<http://PortraitThrivingYouth.org>



SCHOOL of EDUCATION  
and HUMAN DEVELOPMENT  
YOUTH-NEX