Adolescent development is an uneven process that varies by identity, experience, & context. Teachers & school staff in all positions play a key role for thriving youth.

What Educators Can Do

**Promote** positive body image; foster growth mindset; learn how to support support student well-being, & mental health.

**Facilitate** constructive dialogue & critical thinking; sharing brain science can motivate students & support decision-making.

**Create** identity-safe classrooms; identity-safe teaching fosters belonging & value for all students; help students reflect on their social identity.

**Promote** students to understand what inspires them; help them find purpose; guide students to understand why education supports their future; help with goal setting; practice dialogue & critical thinking for social justice.

**Help** students identify & manage emotions; incorporate social emotional learning in schools.

**Use** restorative practices to improve positive school climate & reduce discipline; help students navigate friendship, & create opportunities for student-teacher relationships.

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Learn more at: [http://PortraitThrivingYouth.org](http://PortraitThrivingYouth.org)