

Portrait of a Thriving Youth

Tips & Resources for Parents & Caregivers:

Are you looking for ways to support your tween or teen as they explore the question, "Who am I?" You are your child's biggest advocate & support. Here are some ways to support them as they grow & change.



What Parents Can Do

Talk with your kids about the benefits of sleep, healthy eating, exercise, practices of positive self-image, processing feelings, self-care, coping strategies, puberty, sex, & preventing early pregnancy.

Facilitate opportunities for your child to think abstractly about complex topics and employ reasoning to make good decisions, & think critically, skills that align with their brain development.

Create chances for your teen to explore different parts of their identity, including who they are as an individual, as part of a social group, & their values and beliefs.

Help your kids find purpose, set goals, & develop habits to discover themselves.

Support the development of persistence, adaptability, compassion, courage, optimism, empathy, resilience, & skills to understand, express, & manage emotions.

Connect with your teen: trusting relationships with supportive adults are crucial, even if teens are usually focused on peers, social media may be a challenge, but co-navigating it can support healthy habits.

▶ Health

Mental & physical health are connected as youth experience changes in their hormones, brain, & body.

▶ Cognition

Youth are learning to think critically, reason, plan, & make good decisions.

▶ Identity

Youth are building a sense of internal consistency across time & multiple social contexts.

▶ Meaning & Purpose

Youth are exploring who they are, why they are here, & how to connect and contribute to the world.

▶ Emotion

Youth experience more extreme emotional highs & lows.

▶ Social

Youth are developing relationships & navigating diverse social contexts.

Learn more at:

<http://PortraitThrivingYouth.org>



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