

Portrait of a Thriving Youth

Tips, Takeaways, & Resources for **Educators**:

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

▶ 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.

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.

Learn more at:

<http://PortraitThrivingYouth.org>



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