ADOLESCENTS GO THROUGH IMPORTANT CHANGES THAT AFFECT THEIR HEALTH AND WELLBEING.

They:

- Adjust to their sexually maturing bodies and feelings
- Experiment with adult behaviors
- Think about and plan for the future
- Renegotiate relationships with adults in parenting roles
- Develop their own moral standards, values, and belief systems
- Form friendships outside the family
- Develop their own identity

With proper support, adolescents can thrive and build sound foundations for a healthy future.

WHAT PARENTS AND CAREGIVERS CAN DO:

**Love and connect:** develop and maintain close relationships, and offer support and acceptance, while accommodating and affirming their growing maturity.

**Monitor and observe:** be aware of—and let your teen know you are aware of—their activities (i.e. academic performance, after-school activities, relationships with their peers and with other adults).

**Guide and limit:** teach family values and rules, and set and uphold clear but evolving boundaries, while encouraging increased competence and maturity.

**Inform and model:** provide ongoing information and support around decision-making and interpreting and navigating the larger world, while teaching by example.

**Provide and advocate:** provide for their basic health and nutrition needs and establish a supportive home environment.

POSITIVE PARENTING HELPS ADOLESCENTS MAKE HEALTHY CHOICES AND REDUCES RISK BEHAVIORS

#AdolescentHealth  #iThrive

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