

Understanding Adolescence: Walking in Their Shoes Video Series (2016) Embedded Links and Tools

Part 1: **The Basics** (21.03 minutes)

Listen: This American Life [Middle School podcast](#) (Intro and Act 1)

Watch: [“Thoughts on Growing Up”](#) YouTube video

Read: [“Teen Years Explained”](#) Center for Adolescent Health Johns Hopkins – Bloomberg school of Public Health (Downloadable PDF in English and Spanish, training options)

Part 2: **Development Tasks - Body** (25.04 minutes)

Post on Padlet: [What changes in a teen’s body during adolescence?](#)

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Youth Slang - [10 dating slang terms \(2014\)](#)

[What Teens Really Want to Know about Sex](#)

[“Hugo Takes a Selfie 8.5+ Years”](#) YouTube video

Part 3: **Developmental Tasks - Sense of Self, Relationships** (32.56 minutes)

[Mysterious workings of the adolescent brain](#) -Sarah-Jayne Blakemore – TED Talk

[Advice for Parenting Teenagers - Managing vs. Consulting](#)

[Surviving your Child’s” Adolescence](#) Psychology Today Parenting blog

Part 4: **Understanding Adolescence (Now What?)** (20:04 minutes)

[Positive Youth Development 101: A Curriculum for Youth Work Professionals.](#) Act for Youth Center of Excellence

[Incorporating Traditional Culture Into Positive Youth Development Programs With American Indian/Alaska Native Youth](#), Child Development Perspectives, 2012

[We Need to Talk About Race to Understand Positive Youth Development](#), Univ of Virginia, 2015

[Youth Need](#) - An exploration of fundamental supports and opportunities youth need for healthy development, based on research and practice, Positive Youth Development strategies to address those needs, and how public health can play a roll. Compiled by the State Adolescent Health Resource Center at the University of Minnesota.

Understanding Adolescence: Walking in Their Shoes is a YouTube Video Series production of the State Adolescent Health Resource Center at the University of Minnesota. For more information, visit: <https://sahrc.umn.edu/>