

Adolescence is a time of significant development, growth and change, second only to infancy. It's a time of exploration, when adolescents are figuring things out and taking charge. **During this key developmental time**, adolescents accomplish development tasks that help them move into adulthood ready and prepared. When youth have foundational supports (caring adults, connections to school and communities, basic needs met, opportunities to make a difference), to help them develop, thrive, prosper and flourish, they are less likely to be involved in risk behaviors, do better in school, and are more likely to believe in their own abilities! The State Adolescent Health Resource Center (SAHRC) at the University of Minnesota provides tailored resources and learning opportunities to help state public health professionals understand developmental stages of adolescence, and why adolescents and young adults are unique populations with unique needs.

READ

Developmental Stages of Adolescence - Fact Sheets

Brief and concise research syntheses on the developmental stages and tasks of adolescence. Spanish adaptations available thanks to the Colorado Department of Health and Environment's Title V/Maternal and Child Health Program.

- **Early Adolescence 10-14** [English](#) [Spanish](#)
- **Middle Adolescence 15-17** [English](#) [Spanish](#)
- **Late Adolescence/Young Adults 18-24** [English](#) [Spanish](#)

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 role.

WATCH

Understanding Adolescence, SAHRC YouTube Video Series

1. **The Basics** (21.03 minutes)
2. **Development Tasks - Body** (25.04 minutes)
3. **Developmental Tasks - Sense of Self, Relationships** (32.56 minutes)
4. **Understanding Adolescence (Now What?)** (20:04 minutes)
5. **Video Series Embedded Links and Tools**

Understanding Young Adults, SAHRC YouTube Series

Late adolescence/young adulthood (ages 18-24) is rather invisible in public health and maternal and child health contexts, and it's easy to overlook them as a distinct population with unique needs as they transition out of child/adolescent focused systems and into adult focused systems.

1. **Young Adults and the Role of MCH programs** (14:10 min)
2. **10 Things MCH Should Know Understand for Working with Young Adults** (18:49 min)

Young Adult Health: What Makes Them Unique (2020)

Three-part series exploring why young adults are unique and what public health can do to support their health and health care needs, with a specific focus on: young adult mental health and suicide, and young adult males.

DO

Adolescent Developmental Timeline Activity - Facilitator Instructions and Materials

An activity designed by SAHRC specifically for SAHCs and MCH professionals to lead small groups through an exploration of the stages of adolescent development and apply it to their work.

Adolescent Developmental Lens Case Study Exercise

An activity designed by SAHRC for individuals or groups to analyze youth behaviors that are traditionally misunderstood and responded to incorrectly by adults through a developmental lens, and to identify developmentally appropriate strategies for use by participants, organizations and communities with and/or for youth.

To connect with SAHRC about these resources and seeing adolescents and young adults through a development lens, visit: <https://sahrc.umn.edu/aya-development>