

The Basics of Child Development **ADOLESCENTS**

To support adolescents to have a smooth transition into young adulthood, the adults in their lives should:



1.

Create opportunities for adolescents to contribute and be responsible.

3.

Recognize and support adolescents when they take positive initiatives.

2.

Involve adolescents in planning and decision-making at different levels.

4.

Be open & guide adolescents so that they can make safe & healthy choices in relation to relationships, sex & their mental health.