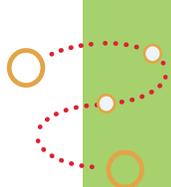


TEN THINGS YOU DIDN'T KNOW ABOUT ADOLESCENCE

ADOLESCENCE IS A DYNAMIC PERIOD

of life bridging childhood and adulthood.

It begins with the onset of puberty around age 10 and ends at age 25.



74M

There are approximately 74 million adolescents in the United States—about one quarter of the U.S. population.

TODAY'S ADOLESCENTS ARE MORE CULTURALLY AND ETHNICALLY DIVERSE THAN EVER BEFORE

In 2020, the adolescent population will be majority-minority—meaning that more than half will belong to a category other than non-Hispanic White alone.

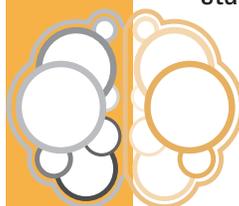


ADOLESCENCE ENCOMPASSES EARLY ADOLESCENCE

(from the onset of puberty to age twelve), **middle adolescence** (ages 13–15), **late adolescence** (ages 16–18), and **young adulthood** (ages 19–25). These stages are defined by biological changes, like the onset of puberty, and social transitions, like moving from middle school to high school.

THE ADOLESCENT BRAIN

is **uniquely fit** to meet the needs of this stage of life, allowing young people to explore new environments and build new relationships with the world and people around them.



ADOLESCENTS FORM and reform their identities

—figuring out who you are, what you value, and what you aspire to—as they grow and gain new experiences.



THE ADOLESCENT BRAIN

has exceptional **capacity for resilience**, making adolescence a **period of opportunity for intervention and healing** from past adversity.

CHANGES IN BRAIN STRUCTURE

and function result in adolescents' **heightened sensitivity to rewards, willingness to take risks, and awareness of social status**—tendencies that are necessary for branching out and learning more about the world and themselves.

DURING ADOLESCENCE,

young people learn to make decisions and take responsibility for shaping their lives, but **they still need guidance and support from adult caregivers**. Supportive and nurturing relationships with caregivers are just as important for adolescents as they are for young children.

MANY YOUTH FACE INEQUALITIES IN OPPORTUNITY

because of **disparities in community resources** and **bias** that may exist in social systems, but these disparities can be changed.



The Promise of Adolescence:

Realizing Opportunity for All Youth

Available for download or to read online at www.nap.edu

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