

Adolescence Changing Roles

Transition Skills, Tips & Tools
“Things just aren’t the same.”



- Adolescence is a time of change for the whole family. These changes can be a challenge for everyone.
- Healthy mental, emotional and behavioral (MEB) development is very important for a productive adulthood.
- Many things change during adolescence, both physically and emotionally:
 - Bodies change and hormones run rampant
 - Values and attitudes vary from day to day
 - Independence and freedom become very important
 - Relationships with family and friends change
- Family roles change and outside influences play a bigger role in a teen’s life. Even though friends play a big role, family is still important.
- One of the biggest changes and challenges in adolescence is more risk-taking. Taking risks is an important part of growing up. Trying new things gives teens a chance to have experiences that will help their transition to adult life.
- Encouraging healthy risks and noting negative risks (like substance use or driving dangerously) help build skills needed to assess and cope with risk. It is important to provide learning opportunities that include healthy risks such as:
 - Starting a new sport or art project
 - Taking challenging classes
 - Getting involved with the community
- Some teens may have more moodiness, impulsive behavior, anxiety about growing up and sexual feelings. These experiences can cause:
 - Depression, which is not normal
 - Temper flare-ups and more disagreements with adults
 - Wanting to stay a child or grow up faster
 - Increased thoughts about peers and sex
- Teens may need encouragement and support as they develop new ways to cope during this time of change.

Learn more at: <https://opa.hhs.gov/adolescent-health?tag/resources/multimedia/index.html>

We’re here to help.

To learn more about the Division of Specialized Care for Children’s programs and services, check out our website at: dsc.uic.edu

