



Do You Wonder Why Adolescents...

1. ...fidget or squirm when sitting; have unbounded energy at some times, but seem unduly tired or lazy at other times?
 - ✦ **It's because they are...**growing very rapidly.
 - ✦ **Therefore, they need...**lots of physical activity, not intense competition, and time for relaxation, too.
 - ✦ **Parents and other adults can help by...**encouraging young adolescents to exercise and to pursue diverse activities.

2. ...often look in mirrors; compare their physical changes with those of their friends; sometimes retreat to a place where they can be alone; worry about "Am I normal?"
 - ✦ **It's because they are...**changing at different rates, according to highly individual internal "clocks."
 - ✦ **Therefore they need...**time to reflect upon and absorb their new "look," new ways of thinking, and new reactions from others
 - ✦ **Parents and other adults can help by...**giving young teens accurate information about physical changes they are experiencing.

3. ...volunteer for service projects; become concerned about problems such as poverty, hunger, discrimination, and war?
 - ✦ **It's because they are...**living in a world that expands as they become more capable, mastering new social skills and beginning to see themselves as part of their communities.
 - ✦ **Therefore, they need...**opportunities to make meaningful contributions to their communities, so they see themselves as responsible citizens who can make a difference.
 - ✦ **Parents and other adults can help by...**encouraging their participation as volunteers, supporting service learning and leadership opportunities.



Teen Pregnancy Prevention Initiative

4. ...test and question limits set by parents; push parents to let them make decisions about dress, recreational activities and chores?
 - ★ **It's because they are...**seeking greater autonomy, but not complete independence.
 - ★ **Therefore, they need...**to make some choices, within safe limits, for themselves.
 - ★ **Parents and other adults can help by...**negotiating limits on some rules with young adolescents

5. ...question parents' beliefs and values?
 - ★ **It's because they are...**comparing their own lives with an imagined and ideal thinking about the adults they are becoming.
 - ★ **Therefore, they need...**to have a voice in the family matters that affect them.
 - ★ **Parents and other adults can help by...**organizing family meetings and discussions and taking time to explain cherished beliefs.

6. ...seek the company of other adults such as teachers, coaches, and religious youth workers?
 - ★ **It's because they are...**identifying more maturely with their race, gender, and ethnic heritage; exploring occupations and roles they will play as adults.
 - ★ **Therefore, they need...**dependable role models who care about them and share their interests.
 - ★ **Parents and other adults can help by...**enabling young adolescents to participate in religious, school, and community activities led by responsible adults.