● Examines the neurobiological and socio-behavioral science of adolescent development, and
● Explores how this knowledge can be applied to institutions and systems so that adolescent well-being, resilience, and development are promoted and systems address structural barriers and inequalities in opportunity and access
  ○ Educational System
  ○ Health System
  ○ Child Welfare System
  ○ Justice System
Defining Adolescence

- Period of development change in a person’s life bridging childhood and adulthood
- Begins with onset of puberty and ends during mid-20s
- Encompasses 4 periods
  - Early Adolescence (10-12)
  - Middle Adolescence (13-15)
  - Late Adolescence (16-18)
  - Young Adulthood (19-25)
The adolescent population is expected to become majority-minority by 2020.

2017

There were approximately 73.5 million adolescents ages 10 to 25 in 2017, representing 22.6 percent of the U.S. population.

2010

10-24-year-olds in 2010 U.S. Census

- White: 56%
- Latinx: 21%
- Black: 14.5%
- Asian: 4.6%
- 2 or more Races: 2.6%
- Other*: < 1%

* American Indian/Alaskan Native and Native Hawaiian/Pacific Islander
Share of Youth In Group Homes and Aging out of Foster Care by Race/Ethnicity, 2016

Juvenile Detention rate per 1,000, 2015

Source: U.S. Department of Health and Human Services, Administration for Children and Families
Source: U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention
Measures of Adolescent Health, by Race/Ethnicity and Gender Identity, 2017

Source: Data from National Center for Health Statistics
1. Adolescence is a time for development and learning and provides opportunities for life-long impact.

2. During adolescence, young people learn how to make decisions and take responsibility for shaping one's life.

3. Forming personal identity and a sense of self is a hallmark of adolescence.

4. Supportive relationships with adults (such as teachers, parents, and mentors) are critical for fostering positive outcomes for adolescents.

5. The adolescent brain has an exceptional capacity for resilience, meaning adolescents have the opportunity to develop neurobiological adaptations and behaviors that leave them better equipped to handle adversities.

6. Disparities in family and neighborhood resources and supports, biased and discriminatory interactions with important social systems, and resulting inequalities in opportunity and access severely curtail the promise of adolescence for many youth.
### Blueprint for a Developmentally-Informed Secondary Education System for Adolescents

<table>
<thead>
<tr>
<th>Recommendation 6-1:</th>
<th>Rectify disparities in resources for least-advantaged schools and students.</th>
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<tbody>
<tr>
<td><strong>Recommendation 6-2:</strong></td>
<td>Design purposeful but flexible pathways through education.</td>
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<td><strong>Recommendation 6-3:</strong></td>
<td>Teach practical knowledge and nonacademic skills, such as decision making, adaptability, and social-emotional competence.</td>
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<td><strong>Recommendation 6-4:</strong></td>
<td>Protect the overall health and well-being of each student.</td>
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<td><strong>Recommendation 6-5:</strong></td>
<td>Foster culturally sensitive learning environments.</td>
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<td><strong>Recommendation 6-6:</strong></td>
<td>Help adolescents and families navigate the education sector.</td>
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<tr>
<td>Recommendation 7-1:</td>
<td>Strengthen the financing of health care services for adolescents, including insurance coverage for uninsured or under-insured populations.</td>
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<td>Recommendation 7-2:</td>
<td>Improve access to comprehensive, integrated, coordinated health services for adolescents.</td>
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<tr>
<td>Recommendation 7-3:</td>
<td>Increase access to behavioral health care and treatment services.</td>
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<tr>
<td>Recommendation 7-4:</td>
<td>Improve the training and distribution and increase the number of adolescent health care providers.</td>
</tr>
<tr>
<td>Recommendation 7-5:</td>
<td>Improve federal and state data collection on adolescent health and well-being, and conduct adolescent-specific health services research and disseminate the findings.</td>
</tr>
</tbody>
</table>
**Recommendation 8-1:** Reduce racial and ethnic disparities in child welfare system involvement.

**Recommendation 8-2:** Promote broad uptake by the states of federal programs that promote resilience and positive outcomes for adolescents involved in the child welfare system.

**Recommendation 8-3:** Provide services to adolescents and their families in the child welfare system that are developmentally informed at the individual, program, and system levels.

**Recommendation 8-4:** Conduct research that reflects all types and ages of adolescents in the child welfare system. Improve the training and distribution and increase the number of adolescent health care providers.

**Recommendation 8-5:** Foster greater collaboration between the child welfare, juvenile justice, education, and health systems.
**Blueprint for a Developmentally Appropriate Justice System**

**Recommendation 9-1:** Reduce disparities based on race, ethnicity, gender, ability status, and sexual orientation or gender identity and expression among adolescents involved in the justice system.

**Recommendation 9-2:** Ensure that youth maintain supportive relationships while involved in the justice system and receive appropriate guidance and counsel from legal professionals and caregivers.

**Recommendation 9-3:** Implement policies that aim to reduce harm to justice-involved youth in accordance with knowledge from developmental science.

**Recommendation 9-4:** Implement developmentally appropriate and fair policies and practices for adolescents involved in the criminal justice system.

**Recommendation 9-5:** For those youth in the custody of the justice system, ensure that policies and practices are implemented to prioritize the health and educational needs of adolescents and avoid causing harm.
Youth Engagement Is Necessary

“Youth cannot know how age thinks and feels, but old men are guilty if they forget what it is to be young.” - JK Rowling

Relative to young children, adolescents have **advanced decision-making skills** and can better seek solutions that are **right for them**.

#PromiseofYouth
Conclusion

It’s time to **reimagine and redesign the systems** and settings that adolescents most frequently encounter.

Together, we can ensure that millions of young people can impact society for the better.

#PromiseofYouth