

Section 1: Resources & References

(2021 update)

Resources

Positive Youth Development

Principles of Youth Development. *ACT for Youth Center for Community Action.*

http://www.actforyouth.net/youth_development/development/

Positive Youth Development Resources Manual. *ACT for Youth.*

<http://www.actforyouth.net/publications/manual.cfm>

Adolescent Development

HealthyChildren.org: Ages & Stages. *American Academy of Pediatrics.*

<http://www.healthychildren.org/english/ages-stages/Pages/default.aspx>

Adolescent Development Toolkit. *ACT for Youth & Cornell Cooperative Extension Program Work Team (PWT): Risk and Thriving in Adolescence.*

<http://www.actforyouth.net/toolkit>

Brain Development in Teenagers (video). *Oxford Museum of Natural History.*

<https://www.youtube.com/watch?v=dISmdb5zfiQ>

Identity Formation

Adolescent Identity Development. *ACT for Youth.*

<http://www.actforyouth.net/adolescence/identity/>

Toolkit: Identity Development. *PWT Risk and Thriving in Adolescence & ACT for Youth.*

<http://www.actforyouth.net/adolescence/toolkit/identity.cfm>

Risk Taking & Positive Risks

DoSomething.org: Explore Campaigns. (Take positive risks/get involved in a cause.)

<https://www.dosomething.org/campaigns>

WKCD.org: Resources for youth activism and civic engagement. *What Kids Can Do, Inc.*

<http://www.whatkidscando.org/resources/index.html>

Toolkit: Risk Taking. *PWT Risk and Thriving in Adolescence & ACT for Youth*.
<http://www.actforyouth.net/adolescence/toolkit/risk.cfm>

Adolescents and Social Media

Social Media, Social Life: Teen Reveal Their Experiences. *Common Sense Media*.
<https://www.commonsensemedia.org/social-media-social-life-infographic>

Teens, Social Media and Technology 2018. *Pew Research Center*.
<https://www.pewresearch.org/internet/2018/05/31/teens-social-media-technology-2018/>

Social Media & Teen Anxiety. *Harvard Graduate School of Education's Usable Knowledge*.
<https://www.gse.harvard.edu/news/uk/17/12/social-media-and-teen-anxiety>

Data, Demographics

Youth Statistics. *ACT for Youth*.
<http://www.actforyouth.net/adolescence/demographics/>

Youth Online (Youth Risk Behavior Survey). *CDC*.
<https://nccd.cdc.gov/youthonline/App/Default.aspx>

Kids Count Data Center. *Annie E. Casey Foundation*.
<https://datacenter.kidscount.org/topics>

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ACT for Youth: Adolescent Identity Development. <http://www.actforyouth.net/adolescence/identity.cfm>

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<https://doi.org/10.1080/10888691.2017.1398649>

Carter, C. (2020). *The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction*. Dallas: BenBella Books.

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- Common Sense Media. 2018. *Social Media, Social Life: Teens Reveal Their Experiences* [infographic]. <https://www.commonsensemedia.org/social-media-social-life-infographic>
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