



PHYSICAL AND PSYCHOSOCIAL DEVELOPMENT RESOURCES FOR ADOLESCENTS AND YOUNG ADULTS

GENERAL DEVELOPMENT ONLINE RESOURCES FOR ADOLESCENTS AND YOUNG ADULTS

- **Advocates for Youth:** Developmental guidelines and descriptions are provided on physical, cognitive, emotional, and sexual development in adolescents. <http://www.advocatesforyouth.org/topics-issues/growth-and-development>
- **Bright Futures:** Part of the American Academy of Pediatrics, Bright Futures provides patient handouts and resources on various stages of development and important information for well-visits. <https://brightfutures.aap.org/families/Pages/Resources-for-Families.aspx>
- **ACT for Youth:** This easy-to-read resource shares basic information about adolescent development including emotional, social, and sexual development. <http://www.actforyouth.net/adolescence/>

PUBERTY AND PHYSICAL DEVELOPMENT

- **Breast Cancer Care:** Using questions from teens, this website provides information about normal breast development for females and concerns regarding breast cancer. <http://bit.ly/1QpANGW>
- **Center for Young Women's Health** and **Young Men's Health:** These websites provide health information targeted at adolescents, including guides on puberty for both women and men. <http://youngwomenshealth.org/2010/04/21/puberty/> & <http://youngmenshealthsite.org/guides/puberty/>
- **Girls Health.Gov:** The "Body" section of this website offers guidance for teenage girls and their changing bodies during puberty. <http://www.girlshealth.gov/body/index.html>
- **Teens Health:** This website offers information for teenagers about puberty, delayed puberty, and general development concerns. <http://kidshealth.org/en/teens/sexual-health/>
- **Planned Parenthood:** Providing tools and information for teenagers about what to expect during puberty, Planned Parenthood is a great resource for adolescents to go and learn more about their changing bodies. www.plannedparenthood.org/teens/my-body

BRAIN/COGNITIVE DEVELOPMENT

- **PBS Frontline:** This series of videos chronicles how scientists help explain the mysteries of the teen years. <http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/>
- **National Institute of Mental Health:** This easy-to-read brochure provides information regarding the development of the teenage brain including the spectrum of change and how it affects teenage behavior. <http://www.nimh.nih.gov/health/publications/the-teen-brain-still-under-construction>
- **New Scientist:** Using an interactive diagram, this website provides teenagers a closer look at the teenage brain and the changes that occur during development. www.newscientist.com/movie/teenagers-interactive

RESOURCES FOR TRANSGENDER YOUTH

- **Reach Out:** This fact sheet helps to better understand what it means to be trans, some of the challenges trans people face, and some helpful resources to learn more about gender and to get support. <http://us.reachout.com/facts/factsheet/exploring-gender-identity>
- **Human Rights Campaign:** This organization and website provide resources for transgender children and families, including concerns around puberty. <http://www.hrc.org/explore/topic/transgender-children-youth>
- **NBC News:** Through interviews with children and their families, these videos provide information and resources on raising a transgender child. <http://www.nbcnews.com/storyline/transgender-kids>
- **PBS Frontline:** This video interviews teenagers and families in an intimate and eye-opening journey inside the struggles and choices facing transgender kids and their families. www.pbs.org/wgbh/frontline/film/growing-up-trans/
- **Youth Resource:** In partnership with Advocates for Youth, this website is created by and for LGBTQ young people and provides information and support through education and advocacy. www.youthresource.com/