



Autonomy, relatedness, and competence support transitions in early adolescence.

Support for autonomy can improve self-esteem and encourage physical activity at this time. Puberty can be a time when youth experience shifts in their self-esteem and anxiety about participating in programs.

Relatedness, particularly with positive peers, is crucial during the transition to high school. Youth need to feel like they belong and have peers to rely on as they enter a new environment.

Social competence in early adolescence has lasting impacts as youth transition to secondary school and into adulthood.

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Resources

Transitions chapter in *Youth Who Thrive: A review of critical factors and effective practices for 12-25 year olds*. [PDF]

