



Example: Improving relatedness in early adolescence.



Young people typically experience a decrease in relatedness with adult caregivers and teachers during the transition from elementary to secondary education.

To avoid this gap in relatedness, it is important to provide youth with opportunities to develop long-term relationships with adults other than parents and teachers.

Peer and romantic relationships become more important during early adolescence. Opportunities to build relationships with peers with positive behaviours and social skills are helpful during this transition. Feeling a sense of belonging with a group of peers also contributes to healthy romantic relationships.

Environments that are inclusive help to build young people's sense of belonging during this transition. Opportunities for youth to connect to their own ethnic identity are important for inclusion and belonging, especially for ethnic minority youth.

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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]

