



Young people thrive when they decide where to live.



Support for autonomy during adolescence leads to increasingly independent living during the transition to adulthood.

Young people with increased autonomy and independence during mid-adolescence (around 14-16 years) are more likely to be living independently by age 25. When young people decide where to live based on their needs and values, they are more likely to experience well-being.

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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]

