

# Helping youth thrive: what public health can do

All adolescents have developmental tasks to accomplish in order to develop in healthy ways and enter into adulthood prepared for the next phase of life. In order to do this successfully, youth need foundational supports and opportunities. Public Health has a significant role to play in meeting these needs.

Young people need ...	Public Health responds...
“Sticky adults” to talk and think things through with	
A family that loves, guides, nurtures and holds high, realistic expectations	
Boundaries that provide safety but adapt as the young person grows	
A network of friends who care, are supportive and provide strengths	
Opportunities to learn in ways that fit the young person and places to learn where they feel like they belong	
Opportunities to try things out in safe ways	
Opportunities to have fun	
Opportunities to identify and explore “sparks”	
Opportunities to make a difference	

