Adolescent Health

Adolescent development is a process that all young people go through. Healthy development sets up adolescents for a healthy adulthood.

What to do

Talk to your child

- Honest, accurate information about health, bodies, development, and sexuality is the first step toward raising healthy kids. Visit **www.itsthateasy.net** for information on how to talk to your children about healthy sexuality and relationships.

Address health in schools

- By locating health services in the school environment, the health needs of all students regardless of where they live can be addressed. Visit **www.sbhc4mn.org** for more information on school-based health services.

DEPARTMENT
OF HEALTH

What to know

Connections matter

- When young people feel a connection with their school, community, or an adult in their lives, they take fewer risks that can hurt themselves, others, and property.

- The Healthy Teen Initiative and St. Paul Ramsey County Public Health has created Making Authentic Connections (MAC).

    - MAC helps adults learn the "why" and "how" to make positive connections with young people.

For more information

- **Minnesota's Healthy Teen Initiatives:** https://www.health.mn.gov/people/adolescent/mhti

- **The Minnesota Partnership for Adolescent Health:** https://www.health.mn.gov/people/adolescent/youth/partnership

At the Minnesota Department of Health, we work for all people and communities to have what they need to be healthy.

To obtain this information in a different format, call 651-201-3627.