

Adolescence is a time when one must face major challenges and adapt to new ways of working to achieve success. Listed below are a series of topics considered to be the most common challenges teenagers face. It is hoped that the tips and resources provided can help young people become more confident and independent individuals.

This material has been created by Dr. Stan Kutcher and his writing team. Dr. Kutcher is an internationally-renowned expert in the area of mental health research, advocacy, training, and policy. Recently, Dr. Kutcher led the development of Evergreen - a national child and youth mental health framework for Canada. Copy right permission for this series has been granted.