# Risks and opportunities - synthesis of studies on adolescence

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Teenagers.

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#### Risks and opportunities: synthesis of studies on adolescence (Book, 1999) [styleguide.expo.io]

Teenagers who drink and smoke are more likely to initiate sex earlier than their peers; those who engage in these behavior patterns often have a history of difficulties in school. More research is needed, however, to determine if in fact it is true that parents are spending less time with their teens, and what impact this has on the safety, security, and well-being of today's adolescents. The rate of injury per hour worked appears almost twice as high for children and adolescents as for adults—about 4.

#### 5 Adolescents Taking Their Place in the World

Injury may also result from a physical mismatch between the size of the child or adolescent and the task: for example, machinery that was designed for adult males may be too large or heavy for children or adolescents to handle safely.

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As children develop into adolescents, they gain greater autonomy and are exposed to a greater variety of adults and peers.

## The adolescent brain: vulnerability and opportunity

Adolescents' involvement in risk-taking behaviors has been explained in a number of ways. This piece will discuss some of the very real risks of adolescence, such as vulnerability to mental illness, alongside the unique plasticity that allows the adolescent to flexibly adapt to changing sociocultural demands.

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