Healthy Development
- Concerned about body image, looks, and clothes.
- Focus on self, going back and forth between high expectations and lack of confidence.
- Moodiness
- More interest in and influence by peer group
- Less affection shown toward parents
- May sometimes seem rude or short-tempered
- More ability for complex thought
- Better able to express feelings through talking
- A stronger sense of right and wrong

Possible Warning Signs
- Angry or crying most of the time
- Intense overreaction
- Poor concentration / inability to make decisions
- Frequently feels anxious, worried or guilty
- Feels sad and hopeless for prolonged periods
- Decline in school performance (skipping school, grades worsen)
- Avoids friends and family / prefers to be alone
- Constantly worried about physical health
- Substance use
- Overly concerned with body image / weight

Resources
- Community Mental Health Centers [www.mhmr.ky.gov](http://www.mhmr.ky.gov)
- School Guidance Counselors and Psychologists

Helping Kentucky’s Families and Youth Thrive