

Adolescence



Adolescence is the stage between reaching puberty and transitioning to adulthood. It is a time of physical, cognitive and psychosocial growth and change - the period where resources, resilience, knowledge and skills are developed.

This selection of learning resources about adolescence can be used to support evidence-informed practice with young people and families.



Read

Short read: [Blurred boundaries: child exploitation, safeguarding and the criminal justice system: Views \(2020\)](#)

Longer read: [Trauma-informed approaches with young people: Frontline Briefing \(2018\)](#)

Longer read: [Interpersonal violence and abuse in young people's relationships: Frontline Briefing \(2020\)](#)

Longer read: [Supporting children and young people who identify as LGBTQ+: Frontline Briefing \(2025\)](#)

Longer read: [Reimagining residential children's homes: Residential care for adolescents. Right place, right time? Chapter five \(2021\)](#)



Watch

50 minutes: [Developing Contextual Safeguarding as a local system \(2024\)](#)

20 minutes: [What does a public health response to youth violence look like in practice? \(2021\)](#)

5 minutes: [Technology assisted harmful sexual behaviour \(2023\)](#)

12 minutes: [Collaborative working to support Transitional Safeguarding \(2023\)](#)

[Using adolescent-focused low-intensity life story work: Video Learning Resources \(2025\)](#)

[Intersecting inequalities: Child social care involvement and youth justice contact: Video Learning Resources \(2024\)](#)

12 minutes: [Tackling Child Exploitation: Introducing multi-agency Practice Principles: Video \(2026\)](#)



Listen

20 minutes: [County lines, criminal exploitation and cuckooing: Greater Manchester's learning \(2019\)](#)

20 minutes: [A sister's experience of county lines: The possibility of leaving and exiting \(2020\)](#)

1 hour: [Young people's experience of court and pre-proceedings \(2022\)](#)

5x 40 minutes: [Supporting the mental health and wellbeing of care leavers \(2024\)](#)

40 minutes: [Understanding youth violence \(2026\)](#)



Tools

[Online abuse - recognition and response: Frontline Tool \(2017\)](#)

[Child sexual exploitation: Practice Tool \(2017\)](#)

[Intra-familial child sexual abuse: Risk factors, indicators and protective factors: Practice Tool \(2018\)](#)



Reflect

Reflect on and record your CPD using the button on each resource page. You can also bookmark and share resources with colleagues. Log and review your reflections in '[Your CPD](#)'.

For more resources, explore the [adolescence topic page](#).