

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

Quick read: [Blurred boundaries: child exploitation, safeguarding and the criminal justice system - Blog](#)

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 young people who identify as LGBTQ+: Frontline Briefing \(2022\)](#)

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



Watch

1 hour: [NSPCC Harmful sexual behaviours displayed by children and young people: Webinar](#)

1 hour: [Complex safeguarding films](#)

30 mins: [Resilience and Relationships: Safeguarding adolescents into adulthood](#)

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



Listen

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

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

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



Practice 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](#).