10 Teen Tasks: How You Can Help

Takeaway Messages:

1. Teen brain is a work in progress, consider "neural gawkiness"

2. Developmental tasks are "jobs" teen needs to accomplish in order to learn life skills and get to next stage

3. Recognize 10 tasks your teen needs to accomplish and support teen to accomplish these

4. Reflect on your own teens years and increase self-awareness as you teen develops

5. Get support, get support, get support