



Take Action for Adolescents – A Call to Action for Adolescent Health and Well-Being Overview

Adolescence, defined here as the period between ages 10 and 24, is a critical stage of human development. It marks the transition between childhood to adulthood and includes changes to a young person’s physical, mental, and social capabilities. Supporting the healthy development of the 64 million adolescents in the United States today will lead to a “triple dividend” of health for young people now, a healthy adult life, and better health for the next generation.

Young people in the United States have a diverse set of experiences, relationships, and communities. They also live in complex systems that are interconnected and impact their physical, mental, intellectual, emotional, sexual, and social well-being. It is essential for all systems and sectors that support young people to work together, when possible, to promote adolescent health.

What is Take Action for Adolescents?

[*Take Action for Adolescents*](#) is a call-to-action for policy makers; health care and human service providers and organizations; youth-serving professionals and organizations; researchers; and parents, legal representatives, and caregivers to work collaboratively for change that benefits young people.

Developed by the U.S. Department of Health and Human Services (HHS) Office of Population Affairs (OPA), the Call to Action is research-based and reflects the input of youth-serving professionals, advocates, researchers, clinicians, parents and caregivers, and a diverse group of young people, as well as federal, state, and community-based allies and partners.

A Vision for Adolescent Health

Take Action for Adolescents aims to ensure that all adolescents in the United States have the safety, support, and resources to thrive, be healthy, and have equitable opportunity to realize their full potential.

How Take Action for Adolescents Can Help Communities

[*Take Action for Adolescents*](#) outlines eight goals that aim to advance adolescent health. This call to action takes a positive youth development approach and does not focus on preventing or addressing specific health problems. Rather, the goals can be applied to any health topic that a community prioritizes. They serve as a framework to help communities organize their current and future work to promote adolescent health.

Each goal contains information on related opportunities and challenges and a set of potential action steps that can be customized to help achieve the goal. These action steps are intended to inspire communities to identify specific actions to address the needs of adolescents they serve and support. Policy makers, individuals, and organizations are encouraged to collaborate with young people and professionals across diverse sectors to select, tailor, expand, and implement these goals and action steps within their own communities.

The Eight Goals

1. Eliminate disparities to advance health equity
2. Increase youth agency and youth engagement
3. Ensure access to safe and supportive environments
4. Increase coordination and collaboration within and across systems
5. Expand access to health care and human services
6. Strengthen training and support for caring adults
7. Improve health information and health literacy
8. Support, translate, and disseminate research

Resources and Support for the Call to Action

Ultimately, *Take Action for Adolescents* aims to inspire individuals and organizations to develop innovative approaches that break down silos, improve systems that impact young people, and identify policies and programs that support young people and help them thrive.




OPA has created multiple resources to help you use *Take Action for Adolescents*:

- [Take Action for Adolescents - A Call to Action for Adolescent Health and Well-Being](#) is the core document that contains the goals, opportunities and challenges, and action steps.
- The [Take Action Toolkit](#) provides activities you can use to assess young people's needs, set priorities, and engage allies and partners in collaborative efforts.
- Shareable [Social media posts](#) can help you inform your allies and partners about the Call to Action.
- For updates on *Take Action for Adolescents*, subscribe to [OPA's newsletter](#) or visit the [Take Action for Adolescents page](#) on the OPA website.

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