[Name of Student]

[Name of Professor]

[Name of Class]

[Day Month Year]

**Adolescence**

**Introduction**

Adolescents are predominantly insensitive to influence from their neighborhoods, schools, peer groups their families and social environment. In America, adolescents (between ages 10 and 19) comprise of 13 percent of the total population (US Census Bureau). This is because adolescents are in developmental transition. During these developmental stages, their behavioral patterns are being established that help in determining their contemporary health status. Since adolescents spend most of their time at home than school, therefore, it becomes their parents' responsibility to improve the health status of adolescents in America.

**Discussion**

Adolescents are normally healthy times of life, some vital social and health concerns establish start during these stages. There is less likelihood of engaging in risky behaviors if adolescents are bonded with a caring adult and have good communication. Parents involve and supervise the activities of their adolescents have been encouraging a safe environment along with discovering new opportunities (Moore et al.). Adolescents, when they live in families, have significantly better outcomes and their lives are shaped by parents from birth to adulthood. A close adolescent and parent relationship, positive parent role and shared family activities, good parenting skills have a well-documented impact on adolescent health. Parents can have a positive change in these areas for adolescents, while social policies help in taking such steps. Adolescents who have lower access to health care services or who live in poverty are more likely to have health issues.

**Conclusion**

In this brief, perceived parental support, healthy open communication and close relationships are exclusively important for adolescents because they experience various emotional and physical changes. While confidentiality needs to be ensured and address their needs. Successful parenting is predominantly obvious in situations that include limited adversity, a positive parenting environment, and supportive social networks.

Works Cited

Moore, Kristin Anderson, et al. *Exploring the Links Between Family Strengths and Adolescents Outcomes. Research Brief, Publication #2009-20*. Child Trends, 2009.

US Census Bureau, Demographic Internet Staff. *Current Population Survey (CPS), CPS Table Creator*. https://www.census.gov/cps/data/cpstablecreator.html. Accessed 24 May 2019.