Young People in the Middle Years: A brief overview of what we know

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GLOBAL STRATEGY
For Women’s, Children’s and Adolescents’ Health

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Some terms

- Early childhood
- Mid childhood
- Early Adolescent
- Middle Years
- Young people
- Youth
- Adolescence

Age in Years
Three questions

1. How have the middle years changed?
2. What do we know about them?
3. Why do they matter in policy?
Middle years in a changing adolescence
High Income Countries

Adapted from Gluckman
Three questions

1. How have the middle years changed?
2. What do we know about them?
3. Why do they matter in policy?
Developmental biology of the middle years

- **Age**
  - 7
  - 8
  - 9
  - 10
  - 11
  - 12
  - 13
  - 14
  - 15
  - 16

- **Adrenal Maturation**
- **Gonadal Maturation**
- **Growth Spurt**
- **Shifting Social Affiliations**
- **Transition to Secondary**
Adolescence: opportunity & vulnerability

- Emotional intensity
- Self-harm
- Impulse control
- Depression
- Substance abuse

Age
A shifting social context across adolescence
Three questions

1. How have the middle years changed?
2. What do we know about them?
3. Why do they matter in policy?
Middle years wellbeing, identity & human capital
Middle Years, Human Capital & Wellbeing across the Life-course

1. Creating Opportunities
2. Developing capabilities (including agency)
3. Second chances for the most disadvantaged