



The USC Young Adolescent Project



Thanks to **your** participation
we have published over 45 articles
from this study!



What have we found?

SLEEP & MENTAL HEALTH

- ❖ We found better sleep was linked with lower symptoms of PTSD and depression

STRESS & HEALTH

- ❖ Stress during childhood and adolescence can have long-term effects on your health
- ❖ We found that girls who experienced sexual abuse were more likely to start puberty early
- ❖ Boys who experienced neglect were more likely to start puberty later
- ❖ Puberty can affect your mood and behavior
- ❖ Our study found that kids who started puberty early also reported more risk behavior such as drug use and unprotected sex and more depression

TAKE HOME MESSAGE

- ❖ Talk with your doctor about the stress you experienced in your life
- ❖ This can inform your risk for certain diseases and help them recommend health screenings

RESILIENCE

- ❑ We found that even though everyone in our study experienced some stress and challenges in adolescence, the majority are doing great!
- ❑ Those who reported more social support and fewer mental health symptoms had fewer health problems and lower BMI at age 18

FAMILY

- ✓ We also studied how kids who were placed in foster care were doing
- ✓ Overall we found that they seemed to be just as well as those who stayed with their biological parent.
- ✓ However, those in foster care said they were not close to the foster parent

SOCIAL SUPPORT

We found:

- Kids who said they were sad or down reported less support from their family

TAKE HOME MESSAGE

- If you are feeling depressed, reach out to your family and friends
- Social support can help you feel better when you're struggling

IMPORTANT: This study is not over!

We are still running analyses, publishing articles, and trying to get funding for more study visits

To stay updated please contact us at uscyp@usc.edu