

# What Risk-Taking Really Is

(And How it Can Be Healthy)

1



## Claiming Independence

Your teen might want to do more things on their own or with friends. They're eager to take more responsibility for their life and make important decisions, especially when it comes to matters that directly affect them.

2



## Seeking New Experiences

Whether it's visiting new places, exploring new hobbies, or shifting interests, teens often want to try a wide range of activities as part of their growth and discovery.

3



## Exploring Limits

It's normal for teens to question authority, challenge boundaries, and even become more argumentative. This defiance is often a way of figuring out where the limits lie and asserting some control.

4



## Testing Abilities

You'll see them push themselves harder in areas like school, sports, music, or other activities. They want to explore what they're capable of and see where their talents lie.

5



## Finding Identity

Expect indecision as your teen experiments with different identities. Whether it's changing their hairstyle, trying out new clothing styles, or constantly switching interests, this is all part of figuring out who they are, their values, and what they want in life.