

# PSYCHOLOGICAL CONTRIBUTIONS TO THE DEVELOPMENT OF ADOLESCENTS

## Recommendations submitted by: Psychology NGOs Accredited at the United Nations<sup>1</sup>

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We appreciate the opportunity to present these recommendations to the 2012 Commission on Population and Development. Our purpose is to advocate for governments, UN agencies, and civil society organizations to include psychosocial factors as significant dimensions associated with all aspects of adolescent development.

Today's 721 million adolescents between ages 12 and 17 represent future citizens and leaders of their communities and nations. Therefore, governments need to provide them with education, training, and work experiences, according to their evolving capacities, that prepare them adequately for full social, economic and political participation. We offer recommendations concerning the importance of psychosocial empowerment, positive mental health, and psychosocial well-being to adolescents in order to achieve healthy development and functioning as social, economic and political participants in their communities and societies.

We urge governments, UN agencies, and civil society organizations to prioritize and invest resources for adolescent

- e. Ensure that all services and interventions for adolescents are implemented according to ethical principles and with respect for their human rights.

**PROVIDE ADOLESCENTS ACCESS TO MENTAL HEALTH SERVICES AND SOCIAL**

**PROTECTION**

- a. Reduce poor mental health as a cause and a consequence of poverty among adolescents and their families. Provide accessible multidisciplinary social service centers and mobile vans to provide one-stop services, including access to mental health care in rural areas. Include literacy, continuing education, and entrepreneurial training in these centers, especially in rural areas.
- b. Provide specialized interventions and adequate and appropriate services for adolescents who have been