



[#TAG42Mil](#)

## *A comprehensive, strengths-based approach to improving adolescent health*

### Goals:

- Raise awareness about the importance of adolescent health
- Engage stakeholders (youth serving organizations and caring adults)
- Get adolescent health on the national agenda
- Spur action to improve adolescent health



## 5 Essentials for Healthy Adolescents

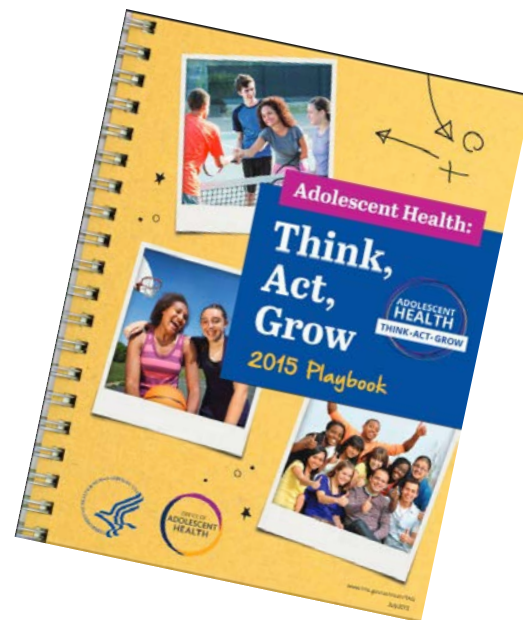
1. Positive connections with supportive people
2. Safe and secure places to live, learn, and play
3. Access to high-quality, teen-friendly health care
4. Opportunities for teens to engage as learners, leaders, team members, and workers
5. Coordinated adolescent- and family-centered services



Stakeholders identified specific actions that groups can take. For example:

- Make healthcare offices friendly and welcoming.
- Use open spaces to promote physical activity.
- Ensure services and programs are welcoming & developmentally appropriate.
- Encourage healthy habits.

Read the TAG Playbook to learn more actions, find it on the TAG website!



- **Join TAG**
- **Spread the word**
- **Take action** Use the Five Essentials and TAG action steps to improve adolescent health.
- **Challenge yourself and your organization** to do more to improve adolescent health.



**Learn more:**

[www.hhs.gov/ash/oah/tag](http://www.hhs.gov/ash/oah/tag)

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# Adolescent Health: Think, Act, Grow (TAG)



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