Access and Navigate Reaching Teens 2E Online Content

Access Content

From AAP Library:


2. Enter your AAP credentials and click the “Login” button

3. From the AAP Library, locate the product or subscription you would like to access, and click on the corresponding Open button.

2. From the Reaching Teens 2nd edition landing page, you will be able to navigate to certain areas, depending on which type of contents you were looking to access.

3. If prompted to login, you may click the Log In button from the Individual login area, and you will be able to enter your AAP login credentials.
Navigate Content

From the content platform, the default View mode is Page View.

The various navigation tools will be visible if you click on any area of the main content window.
- To navigate to a page in larger steps, you may use the “Go To Page” option on the bottom left corner.

- You will then see a slider tool at the bottom of the page that allows you to jump forward and backward to different pages.
You can also use the Search tool to locate content based on certain topics or keywords.
- The Navigation drop down menu on the top right corner provides a way to explore content based on the different chapters or pages.

- Navigation Menu with Text display

- Navigation Menu with Page layout display
You may also switch View modes by using the corresponding toggle menu on the top left corner.
• The Contents View will allow you to select the contents in a tile based display that highlights the different sections and chapters.
- You can also navigate from Contents View with a text menu format

- Material accessed from Contents View will display in a more standard text based presentation

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**Section 1. Orientation to a Strength-Based Approach**

**Chapter 4**

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**How a Strength-Based Approach Affects Behavioral Change**

- **Why This Matters**

  Adolescent health and well-being are largely determined by behaviors. In fact, nearly 80% of mortality is behaviorally related and a substantial amount of morbidity is associated with emotional health and behavioral decisions.  

  The impact of encouraging positive behavioral choices during adolescence reaches far beyond the teen years. Thinking patterns formed in adolescence may persist and affect adult emotional well-being. Many behaviors that deeply affect health (e.g., cigarette use and other addictions, sexual habits) may begin in adolescence, and many health habits (e.g., exercise, nutrition, appropriate sleep, relaxation strategies) that will heavily influence physical and emotional health begin in adolescence. Behavioral choices transcend those that involve “health”; they also include those that affect success and well-being, such as school engagement. When we support young people to make and sustain healthy and wise choices, it may affect them far into the future.

  The strength-based interviewing and assessment techniques suggested throughout much of *Reaching Teens* are designed to support positive behavioral change by forging connections, building confidence, fostering motivation, and altering adolescents’ understanding of what they see as normal and expected. Similarly, some of the skills discussed, such as developing positive coping strategies or solving problems one step at a time, reinforce positive behavioral decisions.

- **Frameworks of Behavioral Change**

  Behavioral changes are not usually events. Rather, they are active or passive decisions made over time that can be supported or undermined by life circumstances, peers, families, communities, media, portrayals of youth, and helping professionals. The process of behavioral change is posited in many different theoretical frameworks. Three frameworks will be covered here because each provides a unique, evidence-based perspective on behavioral change.

  **Prochaska’s Transtheoretical Model**

  Prochaska’s transtheoretical model (TTM) suggests that individuals proceed through a series of stages as they attempt to change their behavior, and it offers important insights into the factors that inhibit or promote positive change at each stage. The TTM predicts youth progress through the following stages of change:
- From whatever page you are viewing, you may use the Full Screen option to display the content throughout your entire screen.
The Notes tool allows you to create notes or view any notes you created on a particular page that you wanted to refer back to.

- To add a new Note, click on the Add Note icon on the top right.

A Healthy Environment Creates a Healthy Person

A healthy environment is a fundamental right of all human beings. The Notes tool allows you to bring environmental concerns to your attention and to share them with others. By adding notes, you can create a collection of insights and ideas that can be used to inform your actions and decisions.

Bringing Strength-Based Practice to Our Settings

Our instruction on building strength within ourselves and our communities is based on the idea that when we identify areas for improvement and work towards becoming the best versions of ourselves, we increase our potential for success. The Notes tool is designed to support this approach by allowing you to record your thoughts and ideas in a structured and organized manner.

Advocating for Strength-Based Practices Beyond Our Settings

Our values and principles are deeply rooted in our commitment to creating a world where everyone has the opportunity to thrive. The Notes tool is a powerful tool for advocating for these values in your community and beyond.

Putting It Together: Supporting Community-based Youth Development Strategies

What Can We Do Within Our Communities?

Before we can begin discussing what we can do within our communities, we must first understand our own strengths and weaknesses. The Notes tool can help you to identify your strengths and weaknesses, and to develop strategies for building on your strengths and addressing your weaknesses.

Advocating for Strength-Based Practices Beyond Our Settings

We can use our values and principles to create positive change in our communities. The Notes tool can help you to think about how you can use your values and principles to inform your actions and decisions.
• You can then click on the area of the page that you want to add the note, and a separate Note window will appear

• Type in the contents of your note in the Note window

• The note will then be added to the page and you can hover above it to maximize the content
Notes that you created can also be viewed from any page that you open the Notes tool from.
You can also remove any unwanted notes using the delete option.
The More menu on the bottom right corner allows you to access additional tools, such as printing a page, selecting language setting, toggling the page view display format, or additional help topics.

- The Page View display can be toggled between single or spread mode.
Interactive content

1. Viewing content in Page View will also highlight materials that have interactive component to it.
2. If there are any relevant supplemental video or other interactive component available, you will be able to click on those to view.

3. The supplemental content will appear as an overlay where you can view and access playback controls. You can close out of the overlay window to return back to the main textbook contents.

If these steps were used to correct an issue but the issue persists, please contact Member and Customer Care at 800.433.9016 or email us at mcc@aap.org for further assistance.