

# What Helps, What Harms:

## Reclaiming The Transition to Adulthood

We asked our Chapter Network of Youth & Youth Advocates:

***What does 'adulthood' mean to you? What words come to mind?***



**What does “reclaiming adulthood” mean to you?**



**Explore what it means to move beyond traditional definitions of 'adulthood' and reconnect with authenticity, joy, and self-determination!**

**Read Our Newest Issue Brief on Unpacking & Reclaiming the Transition to 'Adulthood'**

*click here*

