

# Who am I?

## Teens & Identity formation

Read the article at [http://www.actforyouth.net/resources/n/n\\_identity-handout.pdf](http://www.actforyouth.net/resources/n/n_identity-handout.pdf) and tick the **3 FALSE** sentences:

1. People can identify with lots of different groups. ☐
2. Rachel Sumner comes from the USA. ☐
3. Many teens try new activities. ☐
4. You start discovering your identity when you're a teen. ☐
5. Teenagers define their identity for the rest of their lives. ☐
6. Exploration is necessary to discover your identity. ☐
7. Spending time with friends often helps you discover your identity. ☐
8. People who have defined some aspects of their identity have more possibilities to experience depression or anxiety. ☐
9. Exploring your identity only brings about benefits, there are no disadvantages. ☐
10. When exploring their identities, teens often feel confused or depressed. ☐