

# 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.