



Adolescents Alone and Together between Well-Being and Distress: The Path to Adulthood at the Time of Covid-19

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Message from the Guest Editors

Across cultures and for generations, we have been studying adolescents. Mystified by their changes, as researchers, we count on theories to help us understand this period of transition between childhood and adulthood. Living in a rapidly changing world, in which access to any type of information has become almost immediate, adolescents find themselves pressured to make decisions without necessarily knowing how to make these decisions. The consequences can lead to unhealthy behavior putting their lives at risk. Covid-19 has intensified this situation by drastically reducing the number of opportunities to grow: from schools closing down to contact sports being suspended, adolescents, together with their significant adults, have found themselves unprepared for this new situation. Because this new way of relating to one another has led to a wide range of emotions and an increased level of uncertainty, we believe that it is necessary for adolescents and those who are part of their developmental contexts, to learn the skills that will help them manage these times so that they can find ways to cherish their past, enjoy their present and envision their future.

