

ASIAN AMERICAN ADOLESCENTS: THE CHALLENGES OF NAVIGATING TWO CULTURES

Growing up in Asia. Growing up in the United States. Being a teenager in either place is hard. Being a parent in either is hard. And when you mix the two?

This talk addresses the particular challenges and opportunities encountered by Asian and Asian American teens in America. We will explore the differences between “mainstream American” culture and Asian and Asian American cultures, especially those of East Asia and Southeast Asia. We will talk about the different views of the role of family and school and of what constitutes success. And we’ll discuss the various ways that families adjust to a new culture, how different styles of acculturation lead to additional stress between parents and teens, and how adolescents and young adults who identify with two cultures often do better academically and often are less stressed and happier than those who do not.

For parents, educators, teens, and anyone with an interest in Asian American adolescents.

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