

The Adolescent Brain!



What are these symptoms of?

- Being Tired
- Trouble Concentrating and Making Decisions
- Difficulty Remembering Details
- Irritability
- Restlessness
- Loss of Interest in activities that once made you happy
- Overeating/under eating
- Sensitivity
- Feeling sad
- Moodiness
- Distancing self from family
- Not thinking about the future
- Tired all the time
- Appetite changes
- Being secretive
- Crying often
- Insensitive
- Angry
- Annoyed easily

The Four Hallmarks of the Developing Adolescent Brain

- **INCREASED EMOTIONAL INTENSITY**
 - **NOVELTY SEEKING**
 - **SOCIAL ENGAGEMENT**
 - **CREATIVE EXPLORATION**



Here is an actual adolescent!



Can you recognize any of the hallmarks? If so which ones?

Emotional Intensity

- Living in the moment
- Invincible-risk taker
- Self conscious
- Doesn't know self
- Curious
- Moody
- Awkward
- Confused/confusing
- Sensitive
- Energized
- Feeling really alive
- Insensitive to others
- Volatile
- Know-it-all
- Experimenting
- *Enmeshed with peers*
- Unstable
- Dependent
- Independent
- Insecure

Social Engagement

- *Peer oriented/pressure*
- Self Conscious
- Manipulative
- Be seen/recognized
- Freedom
- Experimental
- *Insensitive to others*
- Sensitive about self
- Clothes/status
- Alone/misfit
- *Wants distance from parent*
- Social connectedness
- Learning about and creating relationships
- Good friends = Good foundation for life!

Creative Exploration

- Black and White Thinking
- *Idealistic Thinking*
- Here-and-now Thinking
- Experimentation with Boundaries
- Experimentation with Values
- *Question “Who am I?”*
- *Question “Am I normal?”*
- Searching for the meaning of life
- Identity crisis
- Thinking out of the box
- Innovative thinking

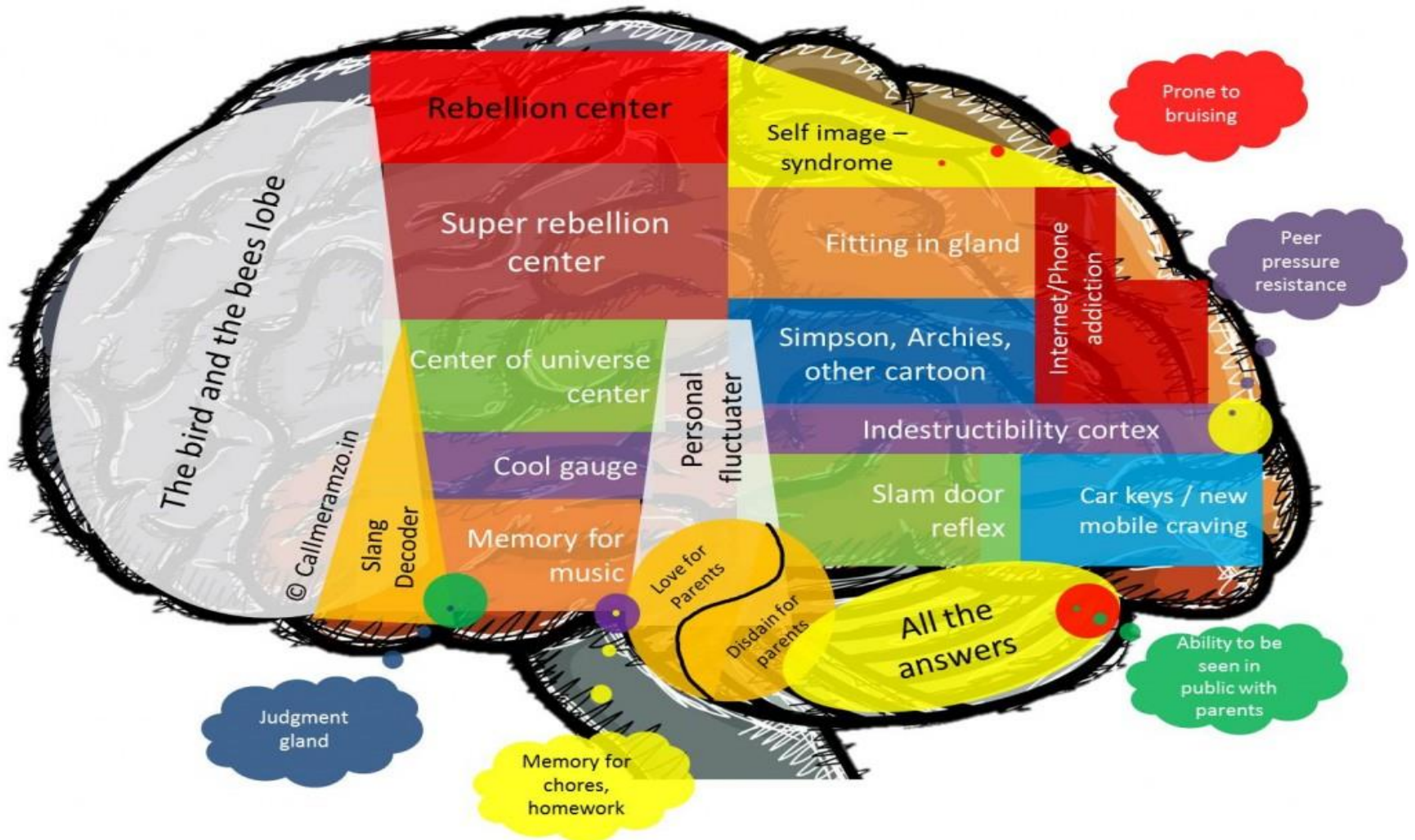
Novelty Seeking

- Increased drive to try something new
- Increase in risk taking activities
- More attention paid to thrill
- Less attention paid to risk
- Impulsivity
- Flexibility can be developed
- Living life with a sense of adventure
- Wanting to learn new things
- Wanting to meet new people
- Desire to go to new places

Stages of Adolescent Development

STAGES OF HEALTHY ADOLESCENT DEVELOPMENT			
<i>Stage with Age Range(Approx)</i>	Early Adolescence (ages 10-14 years)	Middle Adolescence (ages 15-17 years)	Late Adolescence (ages 18-21 years)
Characteristic Developmental Milestones and Tasks			
Physical Growth	<ul style="list-style-type: none"> * Puberty: Rapid growth period * Secondary sexual characteristics appear 	<ul style="list-style-type: none"> * Secondary sexual characteristics advanced * 95% of adult height reached 	<ul style="list-style-type: none"> * Physical maturity and reproductive growth leveling off and ending
Intellectual/ Cognition	<ul style="list-style-type: none"> * Concrete thought dominates "here and now" * Cause-effect relationships underdeveloped * Stronger "self" than "social awareness: 	<ul style="list-style-type: none"> * Growth in abstract thought; reverts to concrete thought under stress * Cause-effect relationships better understood * Very self-absorbed 	<ul style="list-style-type: none"> * Abstract thought established * Future oriented; able to understand, plan and pursue long range goals * Philosophical and idealistic
Autonomy	<ul style="list-style-type: none"> * Challenge authority, family; antiparent * Loneliness * Wide mood swings * Things of childhood rejected * Argumentative and disobedient 	<ul style="list-style-type: none"> * Conflict with family predominates due to ambivalence about emerging independence 	<ul style="list-style-type: none"> * Emancipation: -- vocational/technical/college and/or work -- adult lifestyle
Body Image	<ul style="list-style-type: none"> * Preoccupation with physical changes and critical of appearance * Anxieties about secondary sexual characteristic changes * Peers used as a standard for normal appearance (comparison of self to peers) 	<ul style="list-style-type: none"> * Less concern about physical changes but increased interest in personal attractiveness * Excessive physical activity alternating with lethargy 	<ul style="list-style-type: none"> * Usually comfortable with body image
Peer Group	<ul style="list-style-type: none"> * Serves a developmental purpose * Intense friendship with same sex * Contact with opposite sex in groups 	<ul style="list-style-type: none"> * Strong peer allegiances – fad behaviors * Sexual drives emerge and teens begin to explore ability to date and attract a partner 	<ul style="list-style-type: none"> * Decisions/values less influenced by peers * Relates to individuals more than to peer group * Selection of partner based on individual preference
Identity Development	<ul style="list-style-type: none"> * "Am I normal?" * Daydreaming * Vocational goals change frequently * Begin to develop own value system * Emerging sexual feelings and sexual exploration * Imaginary audience * Desire for privacy * Magnify own problems: "no one understands" 	<ul style="list-style-type: none"> * Experimentation – sex, drugs, friends, jobs, risk-taking behavior 	<ul style="list-style-type: none"> * Pursue realistic vocational goals with training or career employment * Relate to family as adult * Realizations of own limitations & mortality * Establishment of sexual identity, sexual activity is more common * Establishment of ethical and moral value system * More capable of intimate, complex relationships

An Adolescent Brain!



More About Their Brain!

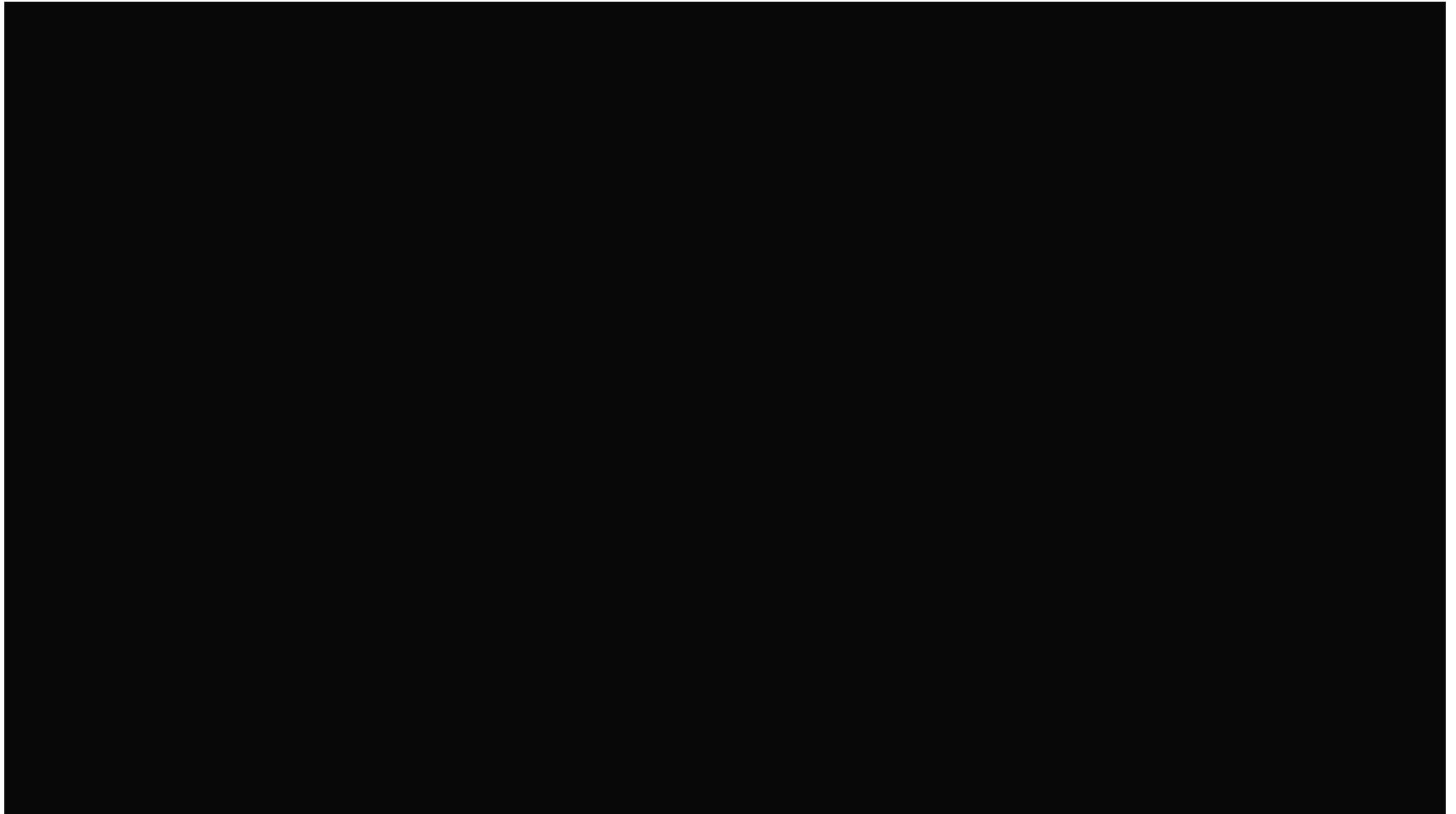


The Teen Brain: Under Construction

The Adolescent Brain 101

- Connections in the brain increase throughout childhood and into adulthood.
- Brain circuitry involved in emotional responses is changing during the teen years.
- Large hormonal changes take place during adolescence. These hormones shape not only physical and sexual growth and behavior, but overall social behavior.
- Intellectual power in adolescents is a match for adults. The capacity of a person to learn will never be greater than during adolescence.
- Adolescence brings with it changes in the regulation of sleep that may contribute to teens' tendency to stay up later.
- What a person does and learns during their adolescence stays with them for life, this may include drug and alcohol use.

Hand Model of the Brain



Hand Model of the Brain

Parenting this new person!

- Listen, Listen, Listen, Listen
- Save serious talks for car rides or during an activity like playing video games, basketball, cooking, crafts, etc.
- Don't criticize them in public or punish in front of peers
- Have clear expectations and consequences and be consistent
- Give them a chance to feel successful at something (art, music, sports, dance, acting, gardening, martial arts, cooking, scrap booking, crafts, job, video games, etc.)
- Encourage them to be involved in activities with peers (youth group, school clubs, sports, job, book club, etc.)
- Know their friends and their friend's parents
- Talk to them about what they watch and listen too
- Ask their opinion about the world around them
- Talk to them about drugs and alcohol (share the information you learned today)

Parenting this new person cont.

- Catch them being good
- Give them opportunities for safe risk taking (sports, travel, joining a new club, summer camp, going to a concert, trying out for a play or a sports team, asking someone on a date, trying a new sport, going to open mic night etc.)
- Let them fail and try again
- Hold them accountable for their actions
- Don't blame everyone around them for their behaviors, blame your child.
- Hold your child in high regard and they will think positive of themselves too
- Make your child feel like they're valued, important, and a contributor in the home
- Volunteer and do service projects with them
- Pick your battles (Who cares if their rooms is a disaster if they have good grades, good friends, and are involved in positive activities)
- Check their school correspondence website
- Talk about healthy relationships with friends and romantic partners
- Talk about birth control, abortions, and STDs (If they're not having sex they know someone who is)
- Don't solve all of their problems. Empower them to find their own solutions

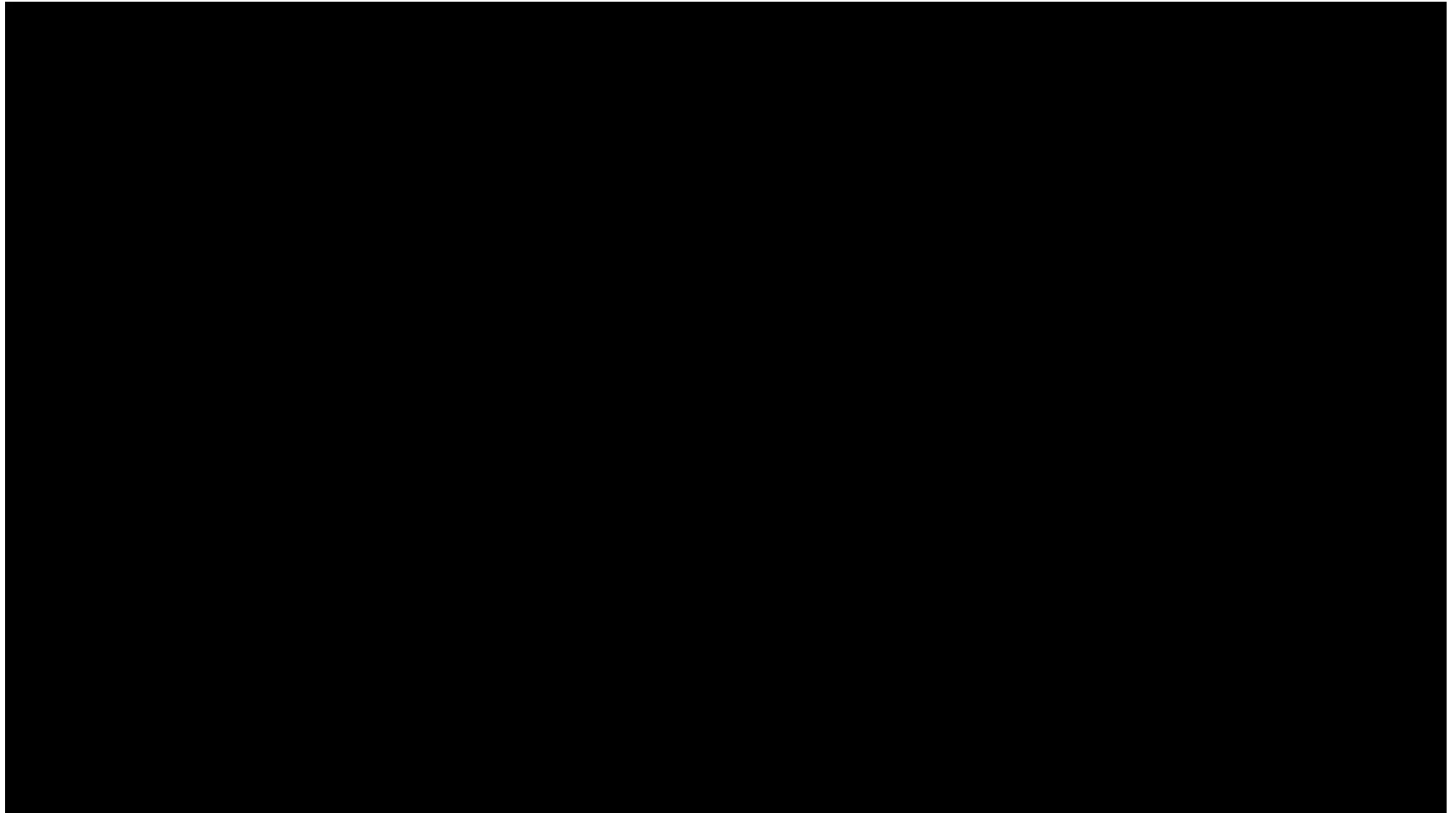
What's your advice?



When should I start to worry?

- Concentration Problems
- Becoming quiet, depressed, tired, and/or not caring about appearance
- They've become hostile, won't cooperate, and often misses curfews
- Relationships with family and friends are falling apart
- They've made a new friends who are poor influences
- Grades have slipped and they're skipping school
- A loss of interest in their favorite activities
- A change in eating and sleeping patterns
- Eyes are red-rimmed and nose is runny — but they don't have allergies or a cold
- Becoming explosive when anger
- Household money keeps disappearing
- You find evidence (pipes, bongs, rolling papers, small medicine bottles, eye drops, or butane lighters)

Drugs, Alcohol, and a Teen's Brain



World Science Festival: The Teenage Brain is Primed for Addiction

More Information!

How does what we talked about apply to this video?



Seth Leach: ABC 7 News-Teens Filming Dangerous Stunts For Money

Questions and Comments

