

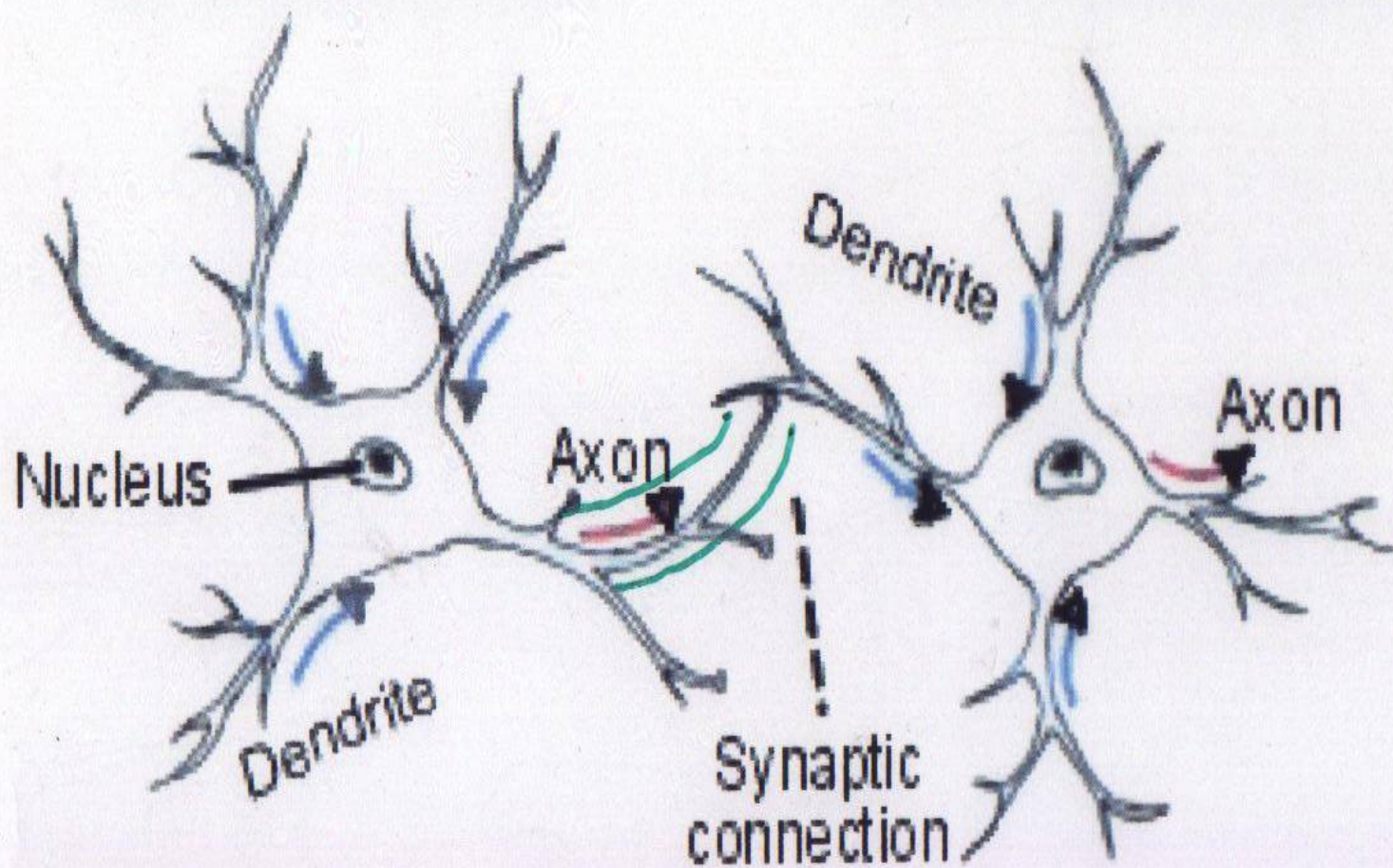
# The Teenage Brain



By Sheryl Feinstein

## Sending neuron

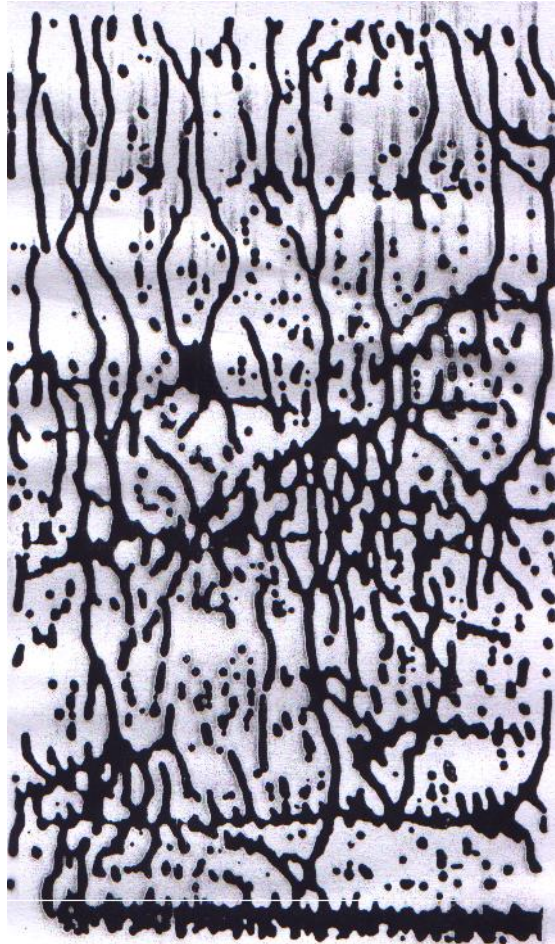
## Receiving neuron



# Synaptic Connections

**100 Billion Neurons**

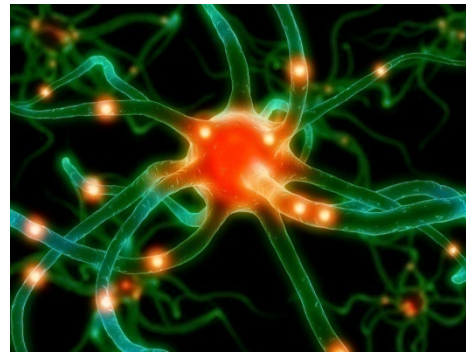
**Short-term memory  
Increases by 30%**



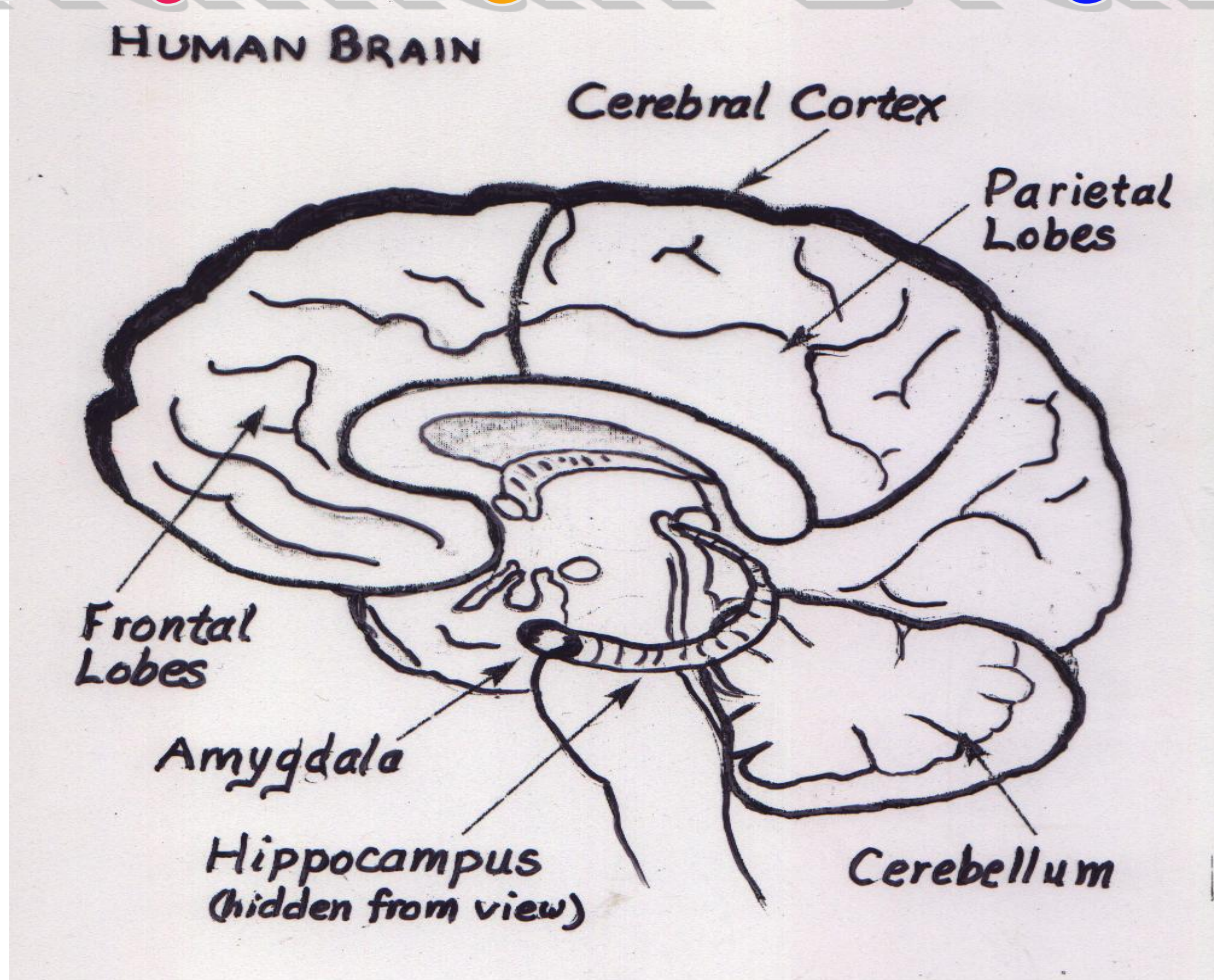
**Pruning occurs  
developmentally**

**Human Brain weighs  
About 3 lbs.**

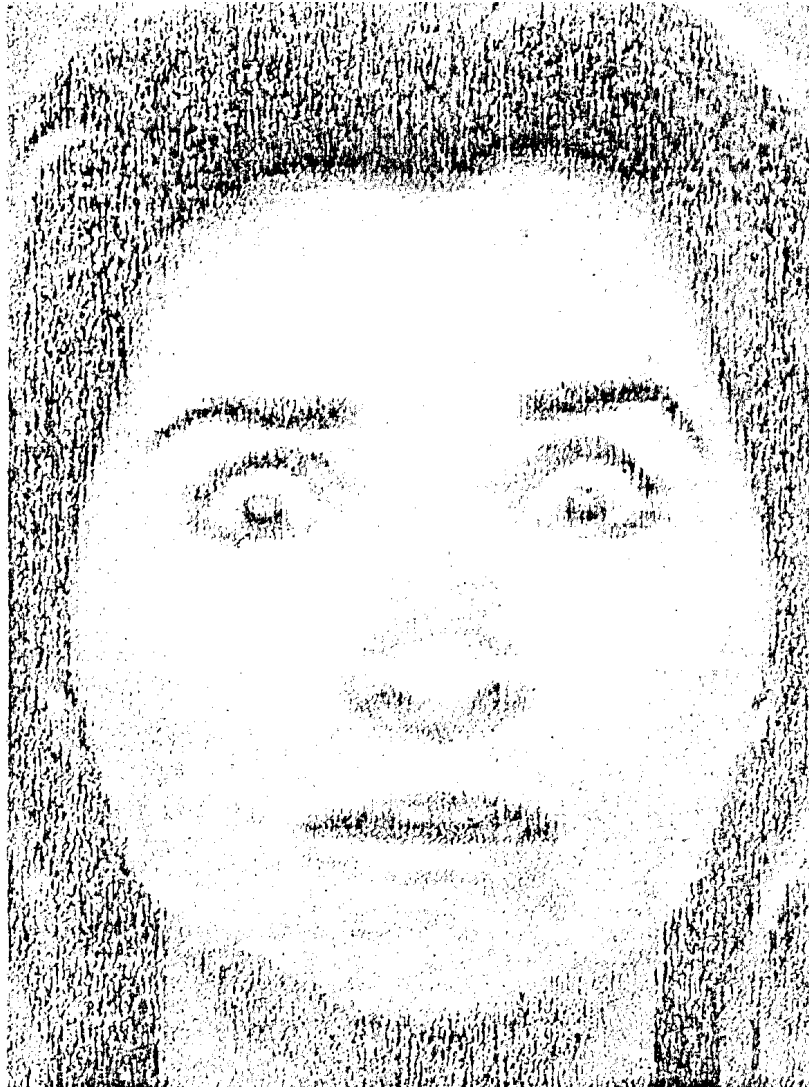
Neurons that fire together  
wire together



# Human Brain



Fear

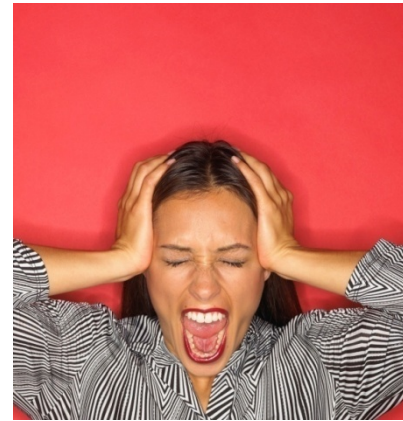


Surprise

Shock

# Results of Changes in the Teenage Brain

- ❖ **Misunderstandings**
- ❖ **Emotional Language**
- ❖ **Poor Decision Making**
- ❖ **More Susceptible to Stress**



- **Mood Swings**
- **Physical Anger**
- **Ego – Centric**
  - a. **Everyone is watching them**
  - b. **First to experience everything**
  - c. **Indestructible**
- **Addiction**



# 9 Non-Negotiable Needs of Teenagers

1. Tolerance & Acceptance
2. Foster Positive **Identity** Formation — Exploration & Mentors
3. **Autonomy** & Independence - Structure & Clear Expectations
4. Academic Achievement — homework helpers, tutors, work that is challenging but not frustrating
5. Service to their Community — including Multi Generational
6. Healthy Coping Skills — including Physical Activity (Teach & Model)
7. Allow some personal Choice & Creativity
8. Hope & Vision for their Future
9. Encouragement